



**week of 9-21-20**

248-626-9880

[www.thesportsclubs.com](http://www.thesportsclubs.com)

MONDAY 21	Class	Instructor
5:45-6:45	Vinyasa	Deb
9:30-10:30am	Slow Flow Vinyasa	Deb
11:45-12:45pm <small>Field House</small>	Healthy Backs	Deb
4:45-5:45pm	Slow Flow Vinyasa	Catherine
6:00-7:00pm	Vinyasa	Catherine

Tuesday 22	Class	Instructor
9:30-10:30am <small>Field House</small>	Vinyasa	Catherine
10:30-11:30am	Foundation Strength & Flexibility	Arlene
5:30-6:30pm	Slow Flow Vinyasa	Rob

WEDNESDAY 23	Class	Instructor
5:45-6:40	Precision Barre'	Deb
12:00-1:00 pm <small>Field House</small>	Healthy Backs	Andy
5:30-6:30pm	Slow Flow Vinyasa	Marni
6:00-7:00pm	Vinyasa	Catherine

**This schedule is a work in progress. Please know, our intention is to give you the amount and quality of classes that you expected from us in the past. Moving forward, our goal will be to exceed your expectations and give you more variety with the teachers you know and love!**

Classes in gray-Hot Studio  
 Classes in green-Field House  
 All other classes in the emerge studio unless otherwise noted

Thursday 24	Class	Instructor
9:00-10:00am <small>Field House</small>	Vinyasa	Marni
4:30-5:30pm	Restoration at the Wall	Deb
6:00-7:00pm	Vinyasa	Rickita

FRIDAY 25	Class	Instructor
9:15-10:15am	Healthy Backs	Deb
9:30-10:30am	Vinyasa	Rickita
11:00-12:00pm <small>Patio</small>	Healthy Backs	Barbara

SATURDAY 26	Class	Instructor
9:30-10:30am	Vinyasa	Catherine
11:45-12:45pm <small>Field House</small>	Healthy Backs	Andy

SUNDAY 27	Class	Instructor
9:00-10:00am <small>Field House</small>	Healthy Backs	Andy
10:30-11:30am <small>Field House</small>	Vinyasa	Catherine

***\*All classes outside may be cancelled or moved inside when possible, in the event of bad weather.***

***\*Everyone wears a mask per state mandate.***

***\*In accordance with Executive Order 2020-175, classes are limited to 25% capacity. To sign up for a class, everyone must call, no sooner than 24 hours before the class time. You must speak with the desk person to be put on the class roster.***

***\*Remember, at this time, we are not supplying towels, mats, water bottles and locker room amenities. The showers are open until 10am only.***

***\*Enter through the north entrance only. The south entrance is closed.***