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248-626-9880

# Group Fitness

4/29/24

Please note: **This schedule is subject to change.** For the most accurate version of the emerge schedule, please download our app. In your app store, search for **sports club west bloomfield**

[Click here for app directions](#)

MONDAY 29	Location/Class	Instructor
8:15-9:15am	B <b>*Spin Zone 1-4</b>	Maureen
9:15-10:15am	A Cardio & Weights Intervals	Maureen
5:30-6:30pm	A Werq and Core	Breanna
6:30-7:30pm	A Body Conditioning	Maki**

TUESDAY 30	Location/Class	Instructor
9:15-10:15am	A Cardio-mix	Patty
6:00-7:00pm	A Body Conditioning plus	Lynn

WEDNESDAY 1	Location/Class	Instructor
9:15-10:00am	A Zumba	Sanda
9:00-9:45am	B <b>*Spin Zone 1-4</b>	Sara
10:15-11:15am	A Body Conditioning	Maureen
5:30-6:30pm	A Werq!	Breanna
6:30-7:30pm	A Body Conditioning	Breanna**

**\*\* Substitute**

**\* All classes in red, participants must sign up to reserve a spot.**

Sign up through our app or through the Service Center.

THURSDAY 2	Location/Class	Instructor
6:00-7:00am	A Body Conditioning plus	Lynn
8:15-9:00am	B <b>*Spin Zone 1-4</b>	Suzanne
9:15-10:00am	A PSM (Pilates Suspension Method)	Suzanne
10:15-11:15am	A Pilates on the Ball	Suzanne
11:15-12:00pm	A Cardio-Combo	Jenny**
5:30-6:30pm	A <b>TRX</b>	Jenny**
6:30-7:15pm	<small>New Class!</small> B <b>*Spin Zone 1-4</b>	Kari

FRIDAY 3	Location/Class	Instructor
6:00-6:45am	B <b>*Spin Zone 2-4</b>	Gary
9:15-10:00am	A Cardio Kickboxing	Jenny

SATURDAY 4	Location/Class	Instructor
9:00-9:45am	B <b>*Spin Zone 1-4</b>	Sandy
9:15-10:15am	A Cardio & Weights Intervals	Andy
10:30-11:30am	A Body Conditioning	Maki

SUNDAY 5	Location/Class	Instructor
8:00-9:00am	A <b>TRX</b>	Lynn**
9:15-10:00am	A HIIT	Maki
9:00-9:45am	B <b>*Spin Zone 1-4</b>	Kari
10:30-11:30am	A Zumba	Andrea

## Class Descriptions

**Cardio /wts Interval** - 40 minutes, done in intervals, of cardio drills and weighted strength exercises. Intermediate to advanced.

**Cardio-mix**- 40 minutes of straight-up choreographed hi-lo aerobics.

**HIIT**-This class is perfect for those who want to make the most of their workout in the shortest amount of time. HIIT stands for High Intensity Interval Training. This class includes aerobic and muscle work with short rest periods. The aerobic work is done in drills, there is no choreography to follow! This is actually an easily modified class, YOU determine what is high intensity for you!

**Cardio Combo** - This class is the perfect blend of "old school" aerobics, balance and posture work with muscle endurance work.

**Step w/wts Interval** - Step choreography and weight work taught in an interval format.

**Zumba** - An exciting dance fitness class using Latin music with traditional dances mixed with other genres of music and dance moves. No doubt, this is a fun and challenging workout for all fitness levels.

**Spinning**- Our indoor cycling classes are conducted on the Lifefitness GX bikes. Formats are specified so you can plan your rides for the week. All students must sign up through our app or at the Service Center.

**Werg** - This is the fiercely fun dance fitness class based on pop, rock, and hip hop music. The warm up previews the dance steps in class and the cool down combines yoga-inspired static stretching and balance poses.

**TRX Circuit** - The TRX Suspension Trainer enables you to be in control of the resistance level and range of motion of each exercise. In this class you will safely perform exercises that build strength, flexibility, and balance, all at the intensity you choose. This class is another option for cross training.

**Body Conditioning** - All strength and endurance. Any combination of weights, tubing and body bars will be used to challenge you.

**Body Conditioning Plus** - This class goes a step further than the Body Conditioning class and will include short bursts of aerobic drills.

**Z - Box** - This is an interval class. You will alternate basic kick-boxing moves with dance inspired aerobic segments. Class will finish with strength work and a Tai-Chi type of cooldown.