The Sports Club of West Bloomfield

Group Fitness

11/16/26

www.thesportsclubs.com
248-626-9880

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 16	Location/Class		Instructor
8:15-9:15am	B	***Spin Zone 1-4**	Maureen
9:15-10:15am	A	Cardio & Strength Intervals	Maureen
5:30-6:30pm	A	Werq & Core!	Rachel
6:30-7:30pm	A	Body Conditioning	Maki

TUESDAY 17	Location/Class		Instructor
9:15-10:15am	A	Cardio-mix	Patty
10:15-11:15am	A	**Chair Workout** (Must sign up for a spot)	Patty**
6:00-7:00pm	A	Body Conditioning plus	Lynn
6:30-7:15pm	B	***Spin Zone 1-4**	Cheryl

WEDNESDAY 18	Location/Class		Instructor
9:15-10:00am	A	Dancefit	Devra
9:00-9:45am	B	***Spin Zone 1-4**	Sara
10:15-11:15am	A	Body Conditioning	Maureen
5:30-6:30pm	A	Werq!	Rachel
6:30-7:30pm	A	Body Conditioning	Devra

** Substitute

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

Sign up through our app or through the Service Center.

THURSDAY 19	Location/Class		Instructor
6:00-7:00am	A	Body Conditioning plus	Lynn
9:15-10:15am	A	***3 - 2 - 1***	Patty
11:15-12:00pm	A	Cardio-Combo	Andy
5:30-6:30pm	A	**TRX**	Devra
6:30-7:15pm	B	***Spin Zone 2/4 Interval**	Kari

FRIDAY 20	Location/Class		Instructor
6:00-6:45am	B	***Spin Zone 2-4**	Gary
9:15-10:00am	A	Cardio Kickboxing	Patty**

SATURDAY 21	Location/Class		Instructor
9:00-9:45am	B	***Spin Zone 1-4**	Sandy
9:15-10:15am	A	Cardio & Strength Intervals	Devra
10:30-11:30am	A	Body Conditioning	Maki

SUNDAY 22	Location/Class		Instructor
8:00-9:00am	A	**TRX**	Lynn
9:15-10:00am	A	HIIT	Maki
9:00-9:45am	B	***Spin Zone 2/4 Interval**	Connie
10:30-11:30am	A	Dancefit	Miki

Class Descriptions

Cardio /wts Interval - 40 minutes, done in timed intervals, alternating between cardio and strength exercises. You will finish up with core work and a cool down. Intermediate to advanced.

Cardio-mix- 40 minutes of straight-up choreographed low-ish impact aerobics. There will always be core work and a cool down to finish. This class is for every one, modifications will always be shown.

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. "High Instensity" is a relative term! 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. This is the perfect class for someone starting a fitness regime, fallen out of fitness. We wouldn't say it's an easy class, it's easier to follow.

3 - 2 - 1 Join the 3-2-1 group fitness class for a new dynamic workout! 3 minutes of non-choreographed cardio, 2 minutes of strength work, 1 minute of core. This class offers adaptability for all fitness levels with modifications guided by the instructor. The class starts with a warm-up, includes multiple rounds of the 3 segments, and ends with a cool-down and deep stretch.

Dancefit - Dancefit is a dance-based exercise class that blends high-energy choreography with a full-body workout. Unlike traditional dance classes that focus on precise technique, Dancefit prioritizes cardiovascular health, muscle toning, and fun

Spinning- Our Spinning classes are conducted on the Spinner® Chrono™ Power bikes from Precor. With direct power measurement, patent-pending magnetic resistance, and the brightest console back light in the industry -- the Spinner Chrono Power bike will exceed your expectations. We are proud to say all of our teachers are certified through Mad Dogg, some have furthered their education and are SpinPower instructors. Formats for classes are specified on the Group Fitness schedule so you can plan your rides for the week. You must sign up at the Service Center, no sooner than 30 minutes before class to reserve a bike.

Werq - 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 crosstraining.

Body Conditioning - All strength and endurance. Any combination of weights, tubing and body bars will be used to challenge you. Your instructors think long and hard to make this class different everytime you attend. Modifications are always shown and if you're new to working out you always want to take things at your own pace.

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

Cardio Kickboxing - A Dynamic Workout!
Cardio kickboxing combines traditional martial arts techniques with cardiovascular conditioning, presented in an interval format. The workout will alternate between classic shadowboxing moves and traditional calisthenics exercises. All participants are encouraged to work at their own pace.