



Group Fitness

1/23/23

www.thesportsclubs.com

To take a class, you must sign up with the Front Desk person *or*, Download our app now to reserve your spot! In your app store, search for **Sports Club West Bloomfield**

248-626-9880

MONDAY 23	Location/Class	Instructor
8:15-9:15am	B Spin* Zone 1-4	Maureen
9:15-10:15am	A Cardio & Weights Intervals	Maureen
5:30-6:30pm	A Z-Box	Maki
6:30-7:30pm	A Body Conditioning	Devra

TUESDAY 24	Location/Class	Instructor
9:15-10:00am	A Cardio-mix	Patty
10:00-11:00am	A Body Conditioning	Patty
6:00-7:00pm	A Body Conditioning plus	Lynn

WEDNESDAY 25	Location/Class	Instructor
9:15-10:00am	A Zumba	Sanda
9:00-9:45am	B Spin* Zone 1-4	Suzanne
10:15-11:15am	A Body Conditioning	Maureen
5:30-6:15pm	A Werk!	Breanna
6:30-7:30pm	A Body Conditioning	Devra

**** Substitute**

*** All Spin and TRX students must sign up to reserve your**

You can sign up through our app or through the Service Center.

THURSDAY 26	Location/Class	Instructor
6:00-7:00am	A Body Conditioning plus	Lynn
9:15-10:00am	A HIIT	Maki
11:15-12:00pm	A Cardio-Combo	Andy
5:30-6:15pm	A TRX	Devra
6:30-7:15pm	A Cardio-mix	Yasuyo

FRIDAY 27	Location/Class	Instructor
6:00-6:45am	B Spin*Zone 1-4	Gary
9:15-10:00am	A ZBox	Jenny
9:30-10:30am	<small>Emerge Studio</small> Foundation Strength & Flexibility	Deb

SATURDAY 28	Location/Class	Instructor
9:00-9:45am	B Spin*Zone 2/4 Interval	Gary
9:15-10:15am	A Step and Weights Intervals	Andy
10:30-11:30am	A Body Conditioning	Maki

SUNDAY 29	Location/Class	Instructor
9:15-10:00am	A HIIT	Maki
9:00-9:45am	B Spin*Zone 2-4	Sara
10:30-11:30am	A Zumba	Miki

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 crosstraining.

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.