

# Group Fitness Schedule

December 1 – 31, 2022

KEY: STUDIO 1 STUDIO 2 STUDIO 3 STUDIO 4 LAP POOL PILATES STUDIO GYMNASIUM OUTDOOR See class description

CARDIO & STRENGTH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15-7:00am BODYPUMP® 45 Melissa		6:15-7:00am BODYPUMP® 45 Melissa		6:15-7:00am Boot Camp David		
	8:10-8:55am Functional Fitness Hallie	7:15-8:15am Total Body Fitness Lite Lisa			7:15-8:15am Total Body Fitness Lite Lisa		
	8:30-9:15am Barre Whitney	8:30-9:15am BODYSTEP® 45 Rima	8:10-8:55am Total Body Fitness Lite Hallie				
	9:30-10:15am Power Strength Amy	9:30-10:15am BODYPUMP® 45 Angie	9:30-10:15am Circuit Blast Jen	9:30-10:15am Power Strength Amy	8:15-9:00am Boot Camp Keith	8:45-9:45am Barre Rachel O.	10:30-11:15am Boot Camp Morgan
		9:30-10:00am Full Body Blast Amy	9:15-9:45am TRX Bootcamp Amy	10:30-11:15am Bosu Bootcamp Amy	10:00-10:45am Barre Sarah	10:00-11:00am BODYPUMP® Melissa	11:45am-12:30pm Gymnastics (ages 5-12)* Morgan
	10:30-11:30am Stretch & Strength Micah	10:05-10:35am Triple Threat Core Amy	9:45-10:15am Glute Hip Ham Amy		10:15-10:45am Core & Arms Amy	11:15am-12:00pm SHiNE Dance Fitness™ June	*15 fee applies
	10:30-11:00am Core & Glutes Amy	10:40-11:20am Upper Body Blast Amy	10:15-10:45am Kettlebells & Mediballs Amy	11:45am-12:30pm Cardio Dance Cera y	11:00-12:00pm BODYPUMP® Amanda		
	11:00-11:30am TRX HIIT EXPRESS Amy	10:30-11:15am LaBlast® Lisa L.	10:30-11:30am Stretch & Strength Micah		12:00-12:45pm TRX Power & Yoga Russ		
	4:30-5:15pm Full Body Blast BJ Santos	12:00-12:45pm Barre Sarah		4:30-5:15pm Tabata 45 Morgan			
	5:30-6:15pm Cardio Barre Rachel O.	5:00-5:50pm Insanity® Micah	5:15-6:15pm Sculpt HIIT Cera y	5:30-6:30pm Strength & Conditioning Heather			

CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:15-10:00am Cycle Liza		9:15-10:00am Cycle Russ	6:15-7:00am RPM® Rima	9:15-10:00am Cycle & Strength Amy	9:00-9:45am RPM® Heather	9:30-10:15am Cycle Melissa
		5:30-6:15pm RPM® Heather			4:30-5:15pm RPM® Melissa		

MIND & BODY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10:30-11:45am Multi Level Hatha Yoga Ra	9:15-10:15am Vinyasa Karen	8:30-9:30am Mat Pilates Courtney	9:15-10:15am Vinyasa Karen		10:00-10:30am BODYBALANCE® Rachel O.	
	11:00am-12:00pm Pilates Reformer Intermediate* Courtney	10:30-11:30am Gentle Beginner Yoga Ra	10:30-11:45am Multi Level Hatha Yoga Ra	10:30-11:30am Gentle Beginner Yoga Ra	10:30-11:45am Multi Level Hatha Yoga Ra	11:30am-12:30pm Pilates Reformer Intermediate* Courtney	
	12:15pm-1:15pm Pilates Reformer Beginner* Courtney		3:00-4:00pm Gentle Beginner Yoga Ra	11:00am-12:00pm Pilates Reformer Intermediate* Courtney		12:45pm-1:45pm Pilates Reformer Beginner* Courtney	3:00-4:15pm Yoga Vinyasa Flow Tara
	5:45-6:45pm Multi Level Hatha Yoga Matt	* \$30 fee applies for Pilates Reformer classes.  We now sell 5 and 10 class passes. Please purchase via the sports club app or contact sbright@boarsheadresort.com					

AQUATICS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:15-10:00am Aqua Aerobics Hallie	8:10-8:55am Aqua Conditioning Cara	9:15-10:00am Aqua Aerobics Hallie	8:10-8:55am Aqua Aerobics Hallie	8:10-8:55am Aqua Aerobics Hallie	9:00-9:45am Aqua Aerobics Hallie/Noel	

Boar's Head Resort

at

# THE SPORTS CLUB

DECEMBER 1 – 31, 2022

## Schedule

## Group Fitness

### CARDIO & STRENGTH

**Barre** is designed to sculpt and tone your body using moves inspired by Pilates, ballet, and yoga. [Beginner - Advanced](#)

**BODYPUMP®** uses light to moderate weights with lots of repetitions, and gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music. [Beginner - Advanced](#)

**BODYSTEP®** is a cardio workout with a lower body focus choreographed to the beat of the music. [Beginner - Advanced](#)

**Boot Camp** is a high energy, high impact, total body workout either in the studio or outside that challenges your strength and cardiovascular system. [Intermediate - Advanced](#)

**Bosu Boot Camp** is a full body strength, cardio, balance and core training class. This class uses bosus and weights. [Beginner - Advanced](#)

**Cardio Barre** is a upbeat, high energy barre class that combines traditional barre exercises with non-stop, heart pumping, metabolic training. [Beginner - Advanced](#)

**Cardio Dance** is a cardio class (pop, club, hip hop) that uses music & easy-to-follow moves combining fast & slow rhythms to tone & sculpt your body while burning fat. [Beginner - Advanced](#)

**Core & Arms** Train the core and upper body using TRX, weights, bosus and more. [Beginner - Advanced](#)

**Core & Glutes** is a workout combining both core and glute training. [Beginner - Advanced](#)

**Circuit Blast** is an interval workout with specific moves of cardio and strength. These moves elevate the heart rate while toning muscles, and you will be burning calories after the workout is finished. [Beginner - Advanced](#)

**Functional Fitness** is a class that includes functional movements, upper and lower body strength exercises, balance training and core stabilization. [Beginner - Intermediate](#)

**Full Body Blast** combines strength, agility & HIIT! [Beginner - Advanced](#)

**Glute, Hip, & Ham** is a 30 minute workout that focuses on the lower body. This class uses a variety of equipment such as kettlebells, TRX, BOSU balls, and more! [Beginner - Advanced](#)

**Insanity** is a high-intensity, high-impact, interval based cardio workout. Don't be shy to modify as you challenge yourself through each move. [Intermediate - Advanced](#)

**Kettlebells & Mediballs** is a full body, 30 min, strength and cardio class using kettlebells and mediballs for functional fitness training. [Beginner - Advanced](#)

**LaBlast®** is an energizing dance fitness class blending the true skill of ballroom dance with the calorie blasting properties of interval fitness. [Beginner - Advanced](#)

**Power Strength** is a challenging barbell-based class that builds muscular endurance and gives you a total body workout to upbeat music. [Beginner - Advanced](#)

**Sculpt HIIT** is a total body workout using dumbbells, moved to the beat of the music. Burn calories as you flow through a variety of exercises to sculpt and tone your body into shape! Burn fat fast with high intensity intervals. Finish strong with serious abs! Maximize your results. [Intermediate - Advanced](#)

**SHINE™** is a dance fitness class rooted in traditional dance such as jazz, hip hop and ballet. We take those foundational moves and create dance routines that are easy enough for beginners yet challenging enough for the more seasoned dancer. [Beginner - Advanced](#)

**Strength & Conditioning** incorporates cardio, strength, or combo moves using an interval approach to improve cardiovascular and muscular endurance. The exercises are designed to make you sweat and burn calories while using different resistance tools and getting your heart rate up. [Intermediate - Advanced](#)

**Stretch & Strength** is a low impact class with light cardio, functional strength movements, stretching, and balance work. [Beginner - Intermediate](#)

**Tabata 45** is a high-intensity training class that consists of a fast-paced intervals followed by a brief rest. Beginner - Advanced [Beginner - Advanced](#)

**Total Body Fitness Lite** includes low impact cardio, upper and lower body strength exercises, balance training, core stabilization, and functional movement. [Beginner - Intermediate](#)

**Triple Threat Core®** is a 30 minute core focused workout using Bosu Balls, mediballs, and TRX. [Beginner - Advanced](#)

**TRX Bootcamp** Full body strength & cardio workout using TRX straps, mediballs, kettlebells, RIP trainers, and more. [Beginner - Advanced](#)

**TRX Power & Yoga** is a 30 minute Full body strength & cardio workout using TRX straps, mediballs, kettlebells, ropes and more. Followed by 15 minutes of yoga focusing on strength, breathing and stretching. [Beginner - Advanced](#)

**Upper Body Blast** is a strength based class using TRX, barbells, and weights. Workouts will isolate the upper body muscles. [Beginner - Advanced](#)

### CYCLE

**Cycle** is a no impact cardio athletic training class that uses a stationary bike and a variety of music to get you pumped. Simulates a road bike experience. [Beginner - Advanced](#)

**Cycle & Strength** weights combined with cycling for a full body work out. [Beginner - Advanced](#)

**RPM®** is a 45 minute indoor cycle workout to the beat of the music. [Beginner - Advanced](#)

### GYMNASTICS

**Gymnastics (Ages 5-12—all levels)** class is based upon tumbling basics with cardio and strength intertwined. It's a structured class where each week they will be advancing toward their goals in order to achieve a new level.

### AQUATICS

**Aqua Aerobics** will keep you moving with a variety of aqua drills and strength exercises. Use water barbells to gain strength and pool noodles for movement exercises. [Beginner - Advanced](#)

**Aqua Conditioning** is a full body workout using water as your resistance combined with barbells, and movement combos. [Beginner - Advanced](#)

### MIND & BODY

**BODYBALANCE®** is a yoga-based class that also includes exercises from Pilates and tai chi. Body Balance aims to strengthen the core, promote flexibility and focus the mind. [Beginner - Advanced](#)

**Gentle Beginner Yoga** is a 60 minute, slow and steady yoga class designed for those seeking an introduction to yoga or those getting back into their practice. [Beginner - Advanced](#)

**Mat Pilates** this class incorporates biomechanical body awareness and focuses on strengthening the abdominals and back. [Beginner - Advanced](#)

**Multi Level Hatha Yoga** is suitable for all yoga practitioners . We combine different levels of asanas (poses) by building each pose from the basics up to the full expression of the asana. [Beginner - Advanced](#)

**Pilates Reformer** is a class where you'll gain strength, flexibility and control as you work with spring resistance. Here you will learn the foundations and essence of Pilates movements while getting a full body workout. *\*Beginner and Intermediate classes are a \$30 fee for members.*

**Vinyasa** Yoga flows from one posture to the next while breath keeps rhythm. Focus on maintaining alignment, balance, strength, and achieving mind body connection. [Beginner - Advanced](#)

**Yoga Vinyasa Flow** is a class focusing on breath work to help students cultivate presence on their mat as well as help them focus on alignment and integrity of the poses. [Beginner - Advanced](#)

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Inquires 434.972.7454