

Group Fitness Schedule

February 1 – March 31, 2023

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CARDIO & STRENGTH	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 BODYSTEP® 45 Rima	8:10-8:55am Total Body Fitness Lite Hallie		9:00-9:45am Stretch & Strength Express Micah		
	9:30-10:15am Power Strength Amy	9:30-10:15am BODYPUMP® 45 Angie	9:30-10:15am Circuit Blast Jenn	9:15-10:00am 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	10:10-10:55am Power Strength PLUS 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	
	10:30-11:00am Core & Glutes Amy	10:30-11:15am LaBlast® Lisa L.	10:15-10:45am Bosu Bootcamp Amy		11:00-12:00pm BODYPUMP® Amanda		1:00-1:45pm Barre Whitney
	11:00-11:30am TRX HIIT EXPRESS Amy	12:00-12:45pm Barre Sarah	10:30-11:30am Stretch & Strength Micah	3:30-4:15pm Gymnastics (ages 4-6)* Morgan			
	4:30-5:15pm Full Body Blast BJ Santos			4:30-5:15pm Tabata 45 Morgan			
	5:30-6:15pm Cardio Barre Rachel O.	5:00-5:50pm Insanity® Micah	5:30-6:30pm Sculpt HIIT Ceray	5:30-6:30pm Strength & Conditioning Heather			

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLE	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		11:15-12:15pm Cycle & Strength Amy	4:30-5:15pm RPM® Melissa		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MIND & BODY	10:30-11:45am Multi Level Hatha Yoga Ra	9:15-10:15am Vinyasa Karen	8:30-9:30am Mat Pilates Courtney	9:00-10:00am 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	10:00-11:00am Pilates Reformer Beginner Courtney	10:15-11:15am 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	11:30am-12:30pm Pilates Reformer Intermediate Heidi	10:30-11:45am Multi Level Hatha Yoga Ra	10:00am-11:00am 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	12:45-1:45pm Pilates Reformer Beginner Heidi	3:00-4:00pm Gentle Beginner Yoga Ra				

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUATICS	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

FEBRUARY 1 - MARCH 31, 2023

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 high 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*

Core & Arms trains 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. The moves elevate the heart rate while toning muscles and you will continue to burn calories after the workout is finished. *Beginner - Advanced*

TRX HIIT Express is a 30 minute high intensity interval workout that includes the use of TRX suspension and training equipment. *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.

Power Strength Plus includes 30 second intervals between tracks. *Beginner - Advanced*

Sculpt HIIT is a total body workout using dumbbells, 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. **Stretch & Strength Express** is a 45 minute version. *Beginner - Intermediate*

Tabata 45 is a high-intensity training class that consists of a fast-paced intervals followed by a brief rest. *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 is a full body strength & cardio workout using TRX straps, mediballs, kettlebells, RIP trainers and more. *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*

GYMNASISTICS

Gymnastics (Ages 4 -6, Ages 5-12) 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. **\$15 fee applies*

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 available.*

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*