



MONDAY	DESCRIPTION	INSTRUCTOR	LOCATION
5:30 AM	BOOT CAMP	KELLY	GROUP X/ ZOOM
8:45 AM	YOGA	L.A.	MIND BODY
9:15AM	30/30/15-HIIT*BALL*CORE	HEATHER	GROUP X/ZOOM/VIDEO
12:15PM	MYRIDE	MYRIDE VIRTUAL	CYCLE STUDIO
5:30 PM	BODY SCULPT / CYCLE	MARCY	GROUP X / CYCLE
6:30 PM	P90X	MELISSA	GROUP X
TUESDAY	DESCRIPTION	INSTRUCTOR	LOCATION
5:30 AM	BOOT CAMP	KELLY	GROUP X
8:30 AM	GENTLE YOGA	HEATHER	MIND BODY
9:15 AM	BOOT CAMP	ROMINA	GROUP X
11:00 AM	MYRIDE	MYRIDE VIRTUAL	CYCLE STUDIO
12:15-1 PM	TOTAL BODY SCULPT	HEATHER	GROUP X/ZOOM/VIDEO
1:30 PM	ZUMBA TONING	LESA	ZOOM
4:30 PM	MYRIDE	MYRIDE VIRTUAL	CYCLE STUDIO
5:30 PM	PIYO	MARCY	GROUP X/ZOOM/VIDEO
WEDNESDAY	DESCRIPTION	INSTRUCTOR	LOCATION
9:15 AM	CYCLE	KELLY	CYCLE STUDIO
10:30 AM	YOGA	HEATHER	GROUP X/ ZOOM
12:00 PM	PILOXING	JENNIFER	ZOOM/VIDEO
4:30 PM	MYRIDE	MYRIDE VIRTUAL	CYCLE STUDIO
5:30 PM	POWER YOGA	SUZANNE	MIND BODY
6:00 PM	PLYOGA/STRENGTH	BROOKE	GROUP X/ ZOOM

THURSDAY	DESCRIPTION	INSTRUCTOR	LOCATION
6:00 AM	CYCLE	DAVE	CYCLE STUDIO
9:00 AM	CYCLE EXPRESS	ROMINA	CYCLE STUDIO
9:45 AM	BOOT CAMP	ROMINA	GROUP X
12:15-1 PM	CARDIO SCULPT MIX	KAYLA	GROUP X/ZOOM/VIDEO
5:30 PM	ZUMBA	JENNIFER	GROUP X/ZOOM/VIDEO
5:30 PM	MYRIDE	MYRIDE VIRTUAL	CYCLE STUDIO
FRIDAY	DESCRIPTION	INSTRUCTOR	LOCATION
5:30 AM	BOOT CAMP	KELLY	GROUP X/ZOOM/VIDEO
9:15 AM	GUTS, BUTTS & INTERVALS	LA	GROUP X
12:15-1 PM	MYRIDE	MYRIDE VIRTUAL	CYCLE STUDIO
SATURDAY	DESCRIPTION	INSTRUCTOR	LOCATION
8:30 AM	P90X	MELISSA	GROUP X/ZOOM/VIDEO
9:15 AM	MYRIDE	MYRIDE VIRTUAL	CYCLE STUDIO
10:15 AM	ZUMBA	JENNIFER	OUTSIDE **
11:30AM-12PM	BARRE <i>NONE</i> EXPRESS	JENNIFER	GROUP X/ZOOM/VIDEO
SUNDAY	DESCRIPTION	INSTRUCTOR	LOCATION
7:00 AM	MYRIDE	MYRIDE VIRTUAL	CYCLE STUDIO
8:00 AM	VIDEO REPLAY – CHECK MINDBODY WEEKLY!		48HR VIDEO
8:30 AM	CYCLING	KELLY	CYCLE STUDIO
9:45AM	BOOT CAMP	KELLY	GROUP X
11:30AM	MYRIDE	MYRIDE VIRTUAL	CYCLE STUDIO

MyRide® is also available upon request when the studio is not in use — please see the Front Desk to schedule your ride!



**** CLASS NEWS ****

Monday: **NEW TIME** 30*30*15 is now @ 9:15am

Thursday: Welcome Back, Kayla to Cardio Sculpt Mix @ 12:15pm

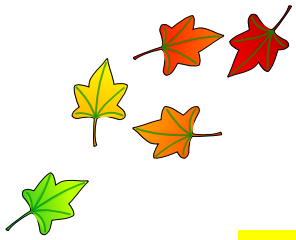


****CLASSES ARE SPACED OUT TO ALLOW ADDITIONAL TIME FOR CLEANING IN BETWEEN CLASSES****

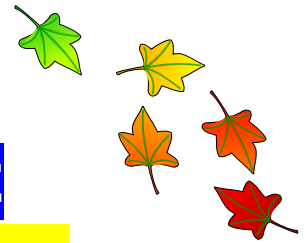
- Classes taking place in the “Group X” Studio have a max capacity of 8 people. Registration cuts off 15-minutes prior to the start of class. There will be no late admittance to classes. Please arrive up to 15-minutes early to set up your equipment.
- **IMPORTANT** → **MASKS** must be worn at all times when not exercising, including going into the studios during class set-up. They can be removed once class starts. Once class is over, please put your mask back on for clean-up.
- **ZOOM** = Participate in class from home (class will be noted if being filmed and sent afterward via email with a **VIDEO** link). Registration cuts off 15-minutes prior to the start of class and you’ll receive an email with class codes approximately 10-minutes before class. **NEW** → **ZOOM** classes can now be broadcast **LIVE** into the Group Fitness Studio if the Instructor is Zooming from home—ask the Front Desk to hook you up!
- **VIDEO** = Our popular video option will continue! Registration closes 15-minutes prior to the start of class. You’ll receive an email with class video link approximately 10-minutes before class. **VIDEO** links are good for 48 hours.
- Classes “**OUTSIDE****” are WEATHER PERMITTING and will be in our back parking lot. Determination for acceptable weather conditions will be made 1-hour prior to the start of class. If a class needs to be indoors, all participants will be notified via email. It will be up to the Instructor, if the class will be live in-studio, Zoom only or live in-studio with Zoom. If it is in-studio, the **FIRST 8** participants who registered will be able to attend.
- **PLEASE NOTE:** Each class type (i.e. in-studio, **ZOOM**, **VIDEO**) requires a separate sign-up. When booking, please make sure you are signing up for the class you wish to take.

REMINDER: PLEASE cancel your class reservation if you cannot attend the class you booked.

Questions? Email Jennifer Berry, Group Exercise Coordinator at jberry@healthclubatsouthpointe.com



the Health Club
AT SOUTHPOINTE



SENIOR CLASS SCHEDULE

UPDATED September 21st, 2020

	MON	TUES	WED	THURS	FRI	SAT	SUN
1:30pm	SILVER SNEAKERS CIRCUIT SUZANNE Group X	ZUMBA TONING LESA Group X / ZOOM	ZUMBA GOLD MARCY Group X / ZOOM		SENIOR YOGA HEATHER Group X		

Attention all SENIORS:

We care about YOU!

Covid-19 is a new disease that we are learning more about every day. Keeping you **HEALTHY** is a top priority for us. We are taking **PROTECTIVE MEASURES** immediately to deliver you the same quality club while making it as **SAFE** as possible.

EFFECTIVE JUNE 15TH, our Senior Class Schedule will be between 1pm and 5pm in accordance with our new ***Basic Membership*** structure.

*Alternatively, you may upgrade to our ***Premium Membership*** if you wish to have full-day access to the club. It's available to you **AT MINIMAL COST**. Ask the Front Desk if this is a good option for you today!*



Questions? Email Jennifer Berry, Group Exercise Coordinator at jberry@healthclubatsouthpointe.com