



MONDAY	DESCRIPTION	INSTRUCTOR	LOCATION
5:30 AM	BOOT CAMP	KELLY	GROUP X/ZOOM/VIDEO
8:00 AM	YOGA	L.A.	ZOOM TO STUDIO/VIDEO
9:30 AM	CARDIO SCULPT MIX *NEW TIME*	KAYLA	GROUP X/ZOOM/VIDEO
12:15 PM	CLUB RIDE	VIDEO REPLAY	CYCLE STUDIO/VIDEO
5:30 PM	YOGA TONE *NEW*	SUZANNE	GROUP X/ZOOM/VIDEO
TUESDAY	DESCRIPTION	INSTRUCTOR	LOCATION
5:30 AM	BOOT CAMP	KELLY	GROUP X/ZOOM
8:30 AM	GENTLE YOGA	HEATHER	MIND BODY
9:15 AM	BOOT CAMP	ROMINA	GROUP X
12:15-1 PM	TOTAL BODY SCULPT	HEATHER	ZOOM TO STUDIO/VIDEO
1:30 PM	ZUMBA TONING	LESA	ZOOM TO VIDEO
5:30-6:15 PM	POP PILATES *NEW*	JENNIFER	ZOOM TO STUDIO/VIDEO
6:30 PM	METKON*RX *NEW DAY*	MELISSA	GROUP X/ZOOM/VIDEO
WEDNESDAY	DESCRIPTION	INSTRUCTOR	LOCATION
8:30 AM	YOGA	HEATHER	48HR VIDEO
9:15 AM	CYCLE	KELLY	CYCLE STUDIO
12:15 PM	CLUB RIDE	VIDEO REPLAY	CYCLE STUDIO/VIDEO
5:30 PM	SB BARRE UNHITCHED	BROOKE	GROUP X/ZOOM/VIDEO

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
12:15-12:45PM	HIIT EXPRESS	HEATHER	48HR VIDEO
5:30 PM	ZUMBA	JENNIFER	*OUTSIDE*
FRIDAY	DESCRIPTION	INSTRUCTOR	LOCATION
5:30 AM	BOOT CAMP	KELLY	GROUP X/ZOOM/VIDEO
9:15 AM	GUTS, BUTTS & INTERVALS	LA	ZOOM TO STUDIO/VIDEO
10:30 AM	PILATES MAT	SUZANNE	GROUP X/ZOOM/VIDEO
12:15-1 PM	**CLUB RIDE** NEW RIDE EVERY FRIDAY!!	VIDEO	CYCLE STUDIO/VIDEO
SATURDAY	DESCRIPTION	INSTRUCTOR	LOCATION
8:30 AM	METKON*RX	MELISSA	GROUP X/ZOOM/VIDEO
10:15 AM	ZUMBA	JENNIFER	ZOOM TO STUDIO/VIDEO
SUNDAY	DESCRIPTION	INSTRUCTOR	LOCATION
8:30 AM	CYCLING	KELLY	CYCLE STUDIO
9:45AM	BOOT CAMP	KELLY	GROUP X/ZOOM
WATCH SUNDAYS IN MINDBODY FOR NEW & REPLAY VIDEOS TO BE POSTED!			

TRY OUR "CLUB RIDE" CYCLE CLASSES!!
"CLUB RIDES" ARE PRERECORDED CYCLE CLASS VIDEOS FROM YOUR FAVORITE SOUTHPOINTE INSTRUCTORS AVAILABLE DURING SCHEDULED TIMES AT THE GYM OR SIGN-UP TO RECEIVE THE VIDEO TO USE AT HOME

CLASS NEWS

MONDAY: ***NEW TIME*** CARDIO SCULPT MIX @ 9:30AM W/KAYLA
 MONDAY: ***NEW*** YOGA TONE @ 5:30PM W/SUZANNE
 TUESDAY: ***NEW*** POP PILATES @ 5:30PM W/JENNIFER
 TUESDAY: ***NEW DAY*** METKON RX @ 12:15PM W/MELISSA
 SATURDAY: 10:15AM ZUMBA WILL BE OUTSIDE STARTING 4/10
 ♡ OUR COMMUNITY HAS HEART ♡

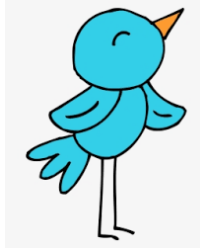


****CLASSES ARE SPACED OUT TO ALLOW ADDITIONAL TIME FOR CLEANING IN BETWEEN CLASSES****

- 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. Please arrive up to 15-minutes early to set up your equipment.
- IMPORTANT** → **MASKS** must be worn at ALL times including during physical activity, INLCULDING CLASSES.
- 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 PROCEDURE** → **Effective 2/1/21:** ZOOM information for virtual classes starting at 7am or earlier will be sent out the night before by 11pm. Registration for these classes will cut off at 10:30pm.
- Don't have a good workout space at home? **Try our Instructor "ZOOM to STUDIO" option!** When an instructor Zoom's from home, we can live stream their class into the Group X Studio. Be sure to sign up in MindBody using the "Zoom to STUDIO" option so we know to expect you.
- 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. VIDEO classes are NEW unless listed as VIDEO REPLAY.
- Classes **"OUTSIDE"** are WEATHER PERMITTING and will be held in our parking lot. If class needs to be indoors, all participants will be notified via email by 9:30am that class will be ZOOM to VIDEO due to weather conditions.
- PLEASE NOTE:** Each class type (i.e. in-studio, ZOOM, VIDEO, ZOOM to STUDIO) 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.

For technical support with ZOOM & VIDEO classes, please email healthclubsouthpoointe@gmail.com



SENIOR CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
1:30pm		ZUMBA TONING LESA ZOOM Instructor to Group X VIDEO	ZUMBA GOLD MARCY Group X ZOOM to VIDEO	SENIOR STRENGTH LA ZOOM Instructor to Group X	SENIOR YOGA HEATHER Mind Body		

APRIL 2ND, 2021

**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!*

****** For technical support with **ZOOM** & **VIDEO** classes, please email healthclubsouthpointe@gmail.com ******



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