



THE HEALTH CLUB AT SOUTHPONTE

Effective 07/01/21

# JULY GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BOOTCAMP</b> 5:30-6:30am Kelly   GX	<b>BOOTCAMP</b> 5:30-6:30am Kelly   GX	<b>CYCLE BOOTCAMP</b> 6-7am Jillian   CS	<b>CYCLE</b> 6-7am Dave   CS	<b>BOOTCAMP</b> 5:30-6:30am Kelly   GX	<b>METKON RX</b> 8:30-9:30am Melissa   GX
<b>YOGA</b> 9am-10am LA   MB	<b>TRX</b> 8:30-9am Heather H   MB	<b>YOGA</b> 8:30-9:30am Heather B   MB	<b>TRX</b> 8:30-9am Heather H   MB	<b>PILATES MAT</b> 8:30-9:30am Suzanne   GX	<b>ZUMBA</b> 10:15-11:15am Jennifer   GX
<b>30/30/30</b> 9-10:30am Maryann   GX	<b>BOOTCAMP</b> 9-10am Romina   GX	<b>TOTAL BODY SCULPT</b> 9-10am Heather   GX	<b>CYCLE EXPRESS</b> 9-9:30am Romina   CS	<b>HIIT BARRE MIX</b> 9:30-10:30am Heather H   GX	<b>BARRE</b> 11:30am-12pm Jennifer   GX
<b>STRENGTH</b> 12:15-1pm LA   GX	<b>CYCLE</b> 12:15-1pm Jillian   CS	<b>CYCLE</b> 9:15-10:15am Kelly   CS	<b>BOOTCAMP</b> 9:45-10:15am Romina   GX	<b>CYCLE BOOTCAMP</b> 12:15-1:15pm Jillian   CS	
<b>ZUMBA TONING</b> 1:30-2:30pm Lesia   GX	<b>GENTLE YOGA</b> 1:30-2:30pm Heather B   MB	<b>ZUMBA GOLD</b> 1:30-2:30pm Marci   GX	<b>CARDIO SCULPT MIX</b> 12:15-1pm Jillian   GX	<b>SENIOR YOGA</b> 1:30-2:30pm Heather B   MB	
<b>YOGA TONE</b> 5:30-6:30pm Suzanne   GX	<b>METKON RX</b> 6:30-7:30pm Melissa   GX	<b>BARRE</b> 5:30-6:30pm Brooke   GX	<b>SENIOR STRENGTH</b> 1:30-2:30pm LA   GX		
			<b>ZUMBA</b> 5:30-6:30am Jennifer   GX		

## SUNDAY

**CYCLE**  
8:30-9:30am  
Kelly | CS

**BOOTCAMP**  
9:45-10:45am  
Kelly | GX

*Book your spot (1) day in advance via the MindBody app, MindBody online, or the front desk.*

### LEGEND

GX-Group Exercise Room MB-Mind and Body Studio C-Cycle Studio BLUE-Senior Class PURPLE-Zoom/Video

# GROUP EXERCISE SCHEDULE CLASS DESCRIPTIONS

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**30/30/30:** Set up in 3 blocks of 30 minutes, this class offers a limitless catalog of exercises to give you a total body workout using a variety of equipment.

**BARRE:** This class allows you to get a mindfully intense workout using a body bar and ball for both strength and balance.

**BOOT CAMP:** This fun and intense group workout combines both cardio and strength/resistance training.

**CARDIO SCULPT MIX:** Combining cardio intervals and strengthening, this all-level workout is topped off with core stabilizations and stretching.

**CYCLE BOOTCAMP:** Cardiovascular and strength workout utilizing the cycle bikes and strength exercises using weights, etc.

**CYCLE:** Set to amazing music, this great cardiovascular workout will send you pedaling through hill climbs, sprints, and many other challenging drills and exercises.

**GENTLE YOGA:** A basic yoga class typically described as appropriate for those who want a softer, nurturing, slower paced class. Each class will focus on breathing and relaxation techniques.

**HIIT BARRE MIX:** We've combined high-intensity interval training and muscle-sculpting barre into one powerhouse class to give you the best of everything!

**METKON RX:** A full body interval strength training class that boosts your metabolic rate and burns calories hours after the workout.

**PILATES MAT:** A form of low-impact exercises that aim to strengthen muscles while improving postural alignment and flexibility.

**TOTAL BODY SCULPT:** You'll go through a series of weight-based exercises that will tone you from the top to bottom!

**TRX:** A form of suspension training that uses body weight exercises to develop strength, balance, flexibility, and core stability simultaneously.

**STRENGTH:** Workout using weighted bars, hand weights, resistance bands and other strength training equipment.

**SENIOR STRENGTH:** Designed for our senior members, this class combines strength training and basic movements to improve balance and flexibility without the added impact to joints.

**SENIOR YOGA:** The goals of this class are to gain flexibility, strength, and balance, as well as to calm the mind and increase the level of focus.

**TABATA:** A high intensity interval training class that is designed with 20 seconds of work and 10 seconds of rest; 8 rounds per circuit.

**YOGA:** This is a nurturing class with seated and supine poses that are held for several breaths to allow muscles to gently stress and release. Standing poses will be a slow, moving meditation.

**YOGA TONE:** A fitness-based yoga class that combines Vinyasa-style poses with light-weight toning exercises for increased strength, flexibility, and coordination while building stamina and reducing stress.

**ZUMBA:** A fusion of Latin and International music/dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN & EASY TO DO!".

**ZUMBA GOLD:** For active older adults and individuals new to exercise who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

**ZUMBA TONING:** For those who want to party, but put extra emphasis on toning and sculpting to define those muscles!

[THE HEALTH CLUB AT SOUTHPOINTE | healthclubatsouthpointe.com](https://www.healthclubatsouthpointe.com)

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