



THE HEALTH CLUB AT SOUTHPOINTE

Effective 09/01/21

# SEPTEMBER GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BOOTCAMP 5:30-6:30am Kelly   GX	BOOTCAMP 5:30-6:30am Kelly   GX	CYCLE BOOTCAMP 6-7am Jillian   CS	CYCLE 6-7am Dave   CS	BOOTCAMP 5:30-6:30am Kelly   GX	METKON RX 8:30-9:30am Melissa   GX
YOGA 9am-10am Suzanne   MB	VIRTUAL CYCLE 8am-8:45am Virtual Instructor   CS	YOGA 8:30-9:30am Heather B   MB	TRX 8:45-9:15am Heather H   MB	VIRTUAL CYCLE 8am-8:45am Virtual Instructor   CS	ZUMBA 10:15-11:15am Jennifer   GX
20/20/20 9-10am Maryann   GX	BOOTCAMP 9:15-10:15am Romina   GX	TOTAL BODY SCULPT 9:15-10:15am Heather   GX	CYCLE EXPRESS 9:15-9:45am Romina   CS	KICKBOXING INTERVALS 8:30-9:30am Maryann   GX	BARRE 11:30am-12pm Jennifer   GX
STRENGTH 12:15-1pm Heather   GX	ZUMBA 10:30-11:30am Jennifer   GX	CYCLE 9:15-10:15am Kelly   CS	BOOTCAMP 10-10:30am Romina   GX	HIIT BARRE MIX 9:30-10:30am Heather H   GX	SUNDAY
ZUMBA TONING 1:30-2:30pm Lesa   GX	CYCLE 12:15-1pm Jillian   CS	ZUMBA GOLD 1:30-2:30pm Marci   GX	SENIOR STRENGTH 1:30-2:30pm Jillian   GX	CYCLE BOOTCAMP 12:15-1:15pm Jillian   CS	CYCLE 8:30-9:30am Kelly   CS
CYCLE SCULPT 4:30-5:30pm Marcy   CS/GX	GENTLE YOGA 1:30-2:30pm Heather B   MB	CYCLE EXPRESS 5:15-5:45pm Brooke   CS	ZUMBA 5:30-6:30pm Jennifer   GX	SENIOR YOGA 1:30-2:30pm Heather B   MB	BOOTCAMP 9:45-10:45am Kelly   GX
YOGA TONE 5:30-6:30pm Suzanne   MB	METKON RX 6:30-7:30pm Melissa   GX	PILOXING 5:30-6:30pm Suzanne   GX			

## LEGEND

GX-Group Exercise Room   MB-Mind and Body Studio   C-Cycle Studio   BLUE-Senior Class

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

# GROUP EXERCISE SCHEDULE CLASS DESCRIPTIONS

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**20/20/20:** Set up in 3 blocks of 20 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.

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

**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!

**KICKBOXING INTERVALS:** The class combines traditional elements of kickboxing with strength training intervals mixed in.

**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.

**PILOXING:** A non-stop cardio fusion of standing Pilates, boxing, and dance for all levels.

**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.

**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!