



THE HEALTH CLUB AT SOUTHPONTE

Effective 7/01/22

JULY 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
TREADMILL BOOTCAMP 8:15am-9am Romina GX	CYCLE 6-7am Bill CS	TOTAL BODY SCULPT 8:15-9am Heather H GX	FULL BODY FIT 8:15-9am Heather H GX	VIRTUAL CYCLE 8-8:30am Virtual Instructor CS	ZUMBA 10:15-11:15am Jennifer GX
CYCLE EXPRESS 9-9:30am Maryann CS	TRX 8:15-9am Heather H MB	YOGA 8:30-9:30am Heather B MB	CYCLE EXPRESS 9-9:30am Romina CS	HIIT BARRE MIX 8:15-9am Heather H GX	STRENGTH & STRETCH 11:30-12pm Jennifer GX
RESISTA-BALL 9:30-10:15am Maryann GX	CYCLE EXPRESS 9-9:30am Romina CS	CYCLE 9:15-10:15am Kelly CS	YOGA 9:30-10:30am Suzanne MB	CYCLE BOOTCAMP 9:15-10:15am Jillian CS	
ZUMBA TONING 1:30-2:30pm Lesa GX	STRENGTH & STRETCH 10-10:30am Jennifer GX	ZUMBA GOLD 1:30-2:30pm Marci GX	SENIOR YOGA 1:30-2:30pm Heather B MB	SENIOR STRENGTH 1:30-2:30pm Jennifer/Jillian GX	
CYCLE SCULPT 4:30-5:30pm Jillian CS/GX	ZUMBA 10:35-11:35am Jennifer GX	PLYOGA 5:15-6pm Brooke GX	CYCLE SCULPT 4:30-5:30pm Jillian/Brooke CS/GX		
YOGA TONE 5:30-6:30pm Suzanne GX	GENTLE YOGA 1:30-2:30pm Heather B MB	METKON RX 6-7pm Melissa GX	ZUMBA 5:30-6:30pm Jennifer GX		
	PILOXING 5:30-6:30pm Suzanne GX		OUTDOOR CLASS 6-7pm TBD SP Town Center		

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

GROUP EXERCISE SCHEDULE CLASS DESCRIPTIONS

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.

CYCLE SCULPT: A combination of 30 minutes of pedaling through hill climbs, sprints, and many other challenging cycle drills and a sculpting class with weight-based exercises that will tone you from top to bottom!

FULL BODY FIT: A full-body exercise class using a variety of equipment that will work you through upper body, lower body, and core 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.

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

PLYOGA: A 4-part interval training system using the benefits of yoga as an active recovery for plyometric movement.

RESISTA-BALL: A non-aerobic workout that utilizes total body control to tone and define. You'll stimulate smaller muscles while increasing good posture and balance.

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

TREADMILL BOOTCAMP: Cardiovascular and strength workout utilizing the treadmills and strength exercises using weights, etc.

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.

STRENGTH & STRETCH: All standing strength work mixed with static and dynamic stretching using a variety of equipment.

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

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
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