









SPARTANBURG ATHLETIC CLUB

May 2017

MAIN GROUP FITNESS ROOM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am	<small>GROUP</small> POWER	5:10 <small>GROUP</small> CORE	<small>GROUP</small> POWER	5:10 <small>GROUP</small> CORE			
8:30am	<small>GROUP</small> BLAST	<small>GROUP</small> CENTERGY	<small>GROUP</small> BLAST	<small>GROUP</small> POWER	9:00 <small>GROUP</small> CORE	9:00 <small>GROUP</small> CORE	
9:30am	<small>GROUP</small> ACTIVE	<small>GROUP</small> POWER	<small>GROUP</small> ACTIVE	<small>GROUP</small> CENTERGY	<small>GROUP</small> ACTIVE	<small>GROUP</small> BLAST	
10:30am		ENERGIZE		ENERGIZE		<small>GROUP</small> ACTIVE	<small>GROUP</small> CENTERGY
12:15pm	<small>GROUP</small> POWER		<small>GROUP</small> POWER				
2:00pm							<small>GROUP</small> POWER
3:30pm							<small>GROUP</small> CENTERGY
4:30pm	<small>GROUP</small> BLAST	<small>GROUP</small> fight	<small>GROUP</small> BLAST	<small>GROUP</small> CENTERGY	<small>GROUP</small> POWER		
5:30pm	<small>GROUP</small> ACTIVE		<small>GROUP</small> ACTIVE	<small>GROUP</small> BLAST			
6:00pm		<small>GROUP</small> POWER					
6:30pm							

GROUP FITNESS STUDIO

8:30am							
9:00am							
10:30am						10:15 	
12 noon							
4:15pm	<i>Gtl Yoga</i>		<i>Gtl Yoga</i>				
5:30pm							
6:00pm							

CYCLING STUDIO

5:30am					<small>GROUP</small> RIDE		
5:45am		<small>GROUP</small> RIDE		<small>GROUP</small> RIDE			
8:30am		<small>GROUP</small> RIDE		<small>GROUP</small> RIDE	R30	<small>GROUP</small> RIDE	
9:30am	<small>GROUP</small> RIDE		<small>GROUP</small> RIDE		<small>GROUP</small> RIDE	R30	
10:30am							<small>GROUP</small> RIDE
3:00pm							R30
4:30pm							
5:00pm							
5:30pm	<small>GROUP</small> RIDE	R30	<small>GROUP</small> RIDE				

AQUA CLASSES

8:30am	AQUA FIT	AQUA FIT	AQUA FIT	AQUA FIT	AQUA FIT		
10:00am	AQUA MOTION		AQUA MOTION		AQUA MOTION		
6:00pm	AQUA ZUMBA			AQUA ZUMBA			

Group Exercise Class Descriptions

GROUP POWER

Group Power® is Your Hour of Power! Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! Power Up!

GROUP BLAST

Discover New Heights with Group Blast®! Get your cardio fix with 60 minutes of step training. Improve your fitness, agility, balance, and strength with athletic exercises that utilize the step in dynamic new ways. The exciting music and group experience will get your heart pounding and the sweat pouring. Blast This Way with Group Blast!

GROUP CENTERGY

Redefine Your Self with Group Centergy®. Grow longer and stronger in this invigorating 60-minute mind-body workout. Group Centergy incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. Take the time to Center Your Energy with Group Centergy!

GROUP RIDE

Get your Ride On with Group Ride®! This huge calorie burner builds great-looking legs! Group Ride is a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get the all the benefits of authentic interval training. Ride On!

R30

Get Fitter in only 30 minutes with R30™. It's as easy as riding a bike, and in R30, riding a bike has never been better! Burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush. Inspiring music and motivating coaches ensure that Everyone Finishes First!

GROUP groove

If You Can Move, You Can Groove! Sweat with a smile during your energizing hour of dance fitness. Group Groove® is a sizzling cardio experience that is a fusion of club, urban, and Latin dance styles set to the hottest current hits and the best dance songs ever produced! Join the party and Get a Move On!

GROUP ACTIVE

Get Active, and get more out of life! Group Active® gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. Activate Your Life with Group Active!

GROUP CORE

Let's get Hard Core! Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform – all to challenge you like never before. Reach Your Peak with Group Core®!

GROUP fight

Group Fight™ is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! FIGHT FOR IT!

yoga

For beginner to intermediate level, this class involves physical exercise, breathing practices, and movement. These exercises are designed to have a positive effect on posture, flexibility and strength. **GENTLE YOGA** presents an introduction to basic yoga poses. Focus will be on stretching and coordination of breath to movement. Suitable for people new to yoga.

raisedbarre

RAISED BARRE is not like other barre programs. It does not discriminate. It does not judge. It is not just for individuals with a ballet background. It also is not for those looking for a nice, leisurely workout. It is intense. It is athletic. And unlike other barre programs, raisedbarre strikes the perfect balance between hard work and fun in a structured, full-body workout. Come grab the barre!

ENERGIZE

ENERGIZE is low-impact energetic workout that combines cardio fitness, strength training and balance/flexibility in a 60-minute group setting, with fun and motivating music

Aqua Fitness Classes

AQUA FIT

Aerobic and conditioning exercises. Great for all levels of fitness!

AQUA in MOTION

Water walking and conditioning. Great for all levels. Also suitable for arthritis, fibromyalgia and any other musculoskeletal disorders

AQUA ZUMBA

An invigorating low-impact aquatic exercise routine that feels more like a pool party than a workout!