

## THE SPORTSPLEX FEBRUARY 2017 GROUP EXERCISE SCHEDULE

<b>TIME/LOCATION</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>5:10 AM Spin/Field House/GX Room</b>	Spinning Kristi	Bodypump Rob	P90X (5:30 AM) Meta	Bodypump Rob			
<b>8:15 AM Cardio Floor/Spin Studio</b>	Spin 30 Christi	HIIT Christi	RUN CLUB Barbra	HIIT Christi		Spinning (8:00 AM) Rickey/Cindy/Christi	
<b>8:30 AM Spin/Field House/Cardio</b>	Body Pump (8:45AM) Jeannie	Spinning Meta	Body Pump (8:45AM) Jeannie	Spinning Meta	Turbokick Christi		
<b>9:30 AM GX Room</b>		BB Barre Mix Jeannie		Barre Core Jeannie	Yoga Jess	Bodypump (9:15 AM) Rob	
<b>10:00 AM Field House/GX Room</b>	WAR! Kickboxing Meta/Jeannie		CORE DAY Cardio Floor	Yoga (10:15 AM) Jeannie			
<b>3:00 PM Spin Studio</b>							<b>SPINNING Varies</b>
<b>5:15 PM Spin Studio</b>		Spinning Jeannie/Cindy					
<b>5:30 PM Spin Studio</b>	Beginner Spin Cindy			Spinning Rickey/Cindy			
<b>5:30 PM GX Room</b>	Butts & Gutts Jeannie	ARM DAY Cardio Floor					
<b>6:00 PM GX Room</b>		HOT YOGA Lee		LEG DAY Cardio Floor	Thursday Mixer Varies		
<b>6:00 PM Field House</b>	Bodypump Meta	P90X Live! Meta	Body Pump Rob				
<b>6:00 PM Spin Studio</b>	Spinning Rickey		Spinning Rickey/Meta				

\*Classes will run on a weekly basis unless there is a specific sign posted.

\*Please Enter Class 15 Minutes Prior to Start Time to Allow the Instructor to Set you up, Answer Questions, etc.

**\*Thursday Mixer (45 Mins) - A different format every week-WAR Kickboxing, Step&Tone, Military Bootcamp, Power Yoga, Turbokick/CIZE & Barre. Add some variety to your routine!**

**Barre Core (45 Mins) - Pilates/Dance inspired workout that sculpts long, lean muscles in the body. Great class for everyone!**

**BB Barre Mix (60 Mins) - Mix of Barre work along with BeachBody Live workouts including Turbokick, Cize & WAR! Kickboxing.**

**Beginner SPIN - 30 minutes introduction to Indoor Cycling. Let the instructor teach you the basic bike setup & cycling movements.**

**BodyPump (60 Mins) - Full body workout using barbells with light weights to sculpt lean muscles. A HIGH ENERGY class with GREAT MUSIC!**

**Butts & Gutts (30 Mins) - Hit All the Major Muscles in a short amount of time! The class that needs NO EXPLANATION!**

**HIIT (High Intensity Interval Training-30 Mins) - Circuit and interval style exercises to hit every muscle group & raise your heart rate. All levels welcome.**

**HOT Yoga (60 Mins) - Yoga movements taken into a heated room to help improve flexibility, balance and strength.**

**P90X LIVE! (60 Mins) - A full body strength training format using resistance tools & body weight drills to keep your heart rate up and calories burning.**

**Spinning (30/45/60 Mins) - Group cycling that builds your cardio strength. Enjoy this wonderful ride with awesome music!**

**TurboKick (60 Mins) - High Energy Cardio Kickboxing set to great music! It's fast and so much fun for all levels.**

**WAR Kickboxing (45 Mins) - Cardio Kickboxing designed to teach you jabs, strikes, blocks and kicks. Get ready to battle to get lean!**

**Yoga (30/60 Mins) - Movements that will improve your balance, flexibility and overall body toning with flowing/strengthening poses.**