

# Program Schedule



Sept 4-10 2017

Monday				Tuesday				Wednesday				Thursday								
Com. Rm.	Studio A	Studio B	Studio C	Com. Rm.	Studio A	Studio B	Studio C	Com. Rm.	Studio A	Studio B	Studio C	Com. Rm.	Studio A	Studio B	Studio C					
<p><b>OPEN HOLIDAY HOURS 8AM TO 5PM</b></p> <p><b>NO CLASSES TODAY MONDAY REGISTERED CLASSES SHOWN BEGIN SEPT. 11</b></p>				Field Hockey Rental* 8-9:20am Sept-Oct				Whokey Rental* 7:30-8:30am Sept-Feb				NEW Spin 6:15-7:15 Hannah	Tryit Total Body HIIT 6:05-7:05 Bobi							
					Pilates Mat Int/Adv* 9-9:55 St. Sept 12		Pilates Eq. Ess* 9:30-10:25 St. Sept 12				Core Str* 9-9:55 Ocean St. Sept 13	Pilates Eq. Int* 9-9:55 St. Sept 13								
				Pilates Mat Int* 9:30-10:25 St. Sept 11	NEW Yoga Ref* 10-10:55 St. Sept 11			Body Sculpt Ekaterina sub 9:30-10:30			NEW Cardio Core 9:30-10:30 Zena Stefanie St. Sept 13	Yoga Flow* 10:05-11 St. Sept 13	Intro Mat/Ref* 10:05-11 St. Sept 13							
				Tryit Cricket 11-12 on turf St. Sept 11				Pilates Mat Rental 10:30-11 St. Sept 12								Rental 10:30-11 St. Sept 14	Pilates Mat Ess* 10:30-11:25 St. Sept 14			
				Tryit Zumfit 12:30-1 on turf				Tabata PT* 12:30-1:15 St. Sept 12		Pilates Eq. Int* 12:30-1:25 St. Sept 11	Spin NEW 12:10-12:50 Hannah	NEW Body Sculpt 12:05-12:55 Leanna				Tryit Body Works 12:05-12:40 Sonja		Pilates Eq. Ess* 12-12:55 St. Sept 14	Tryit Spin 12:10-12:50 Leanna	
				Whokey* 12-2				Whokey* 12-2				WSoccer* 2:30-3:30								
				Wvball* 2-4				Drop in Basketball 4:30-5:55	Core Str* 4:30-5:25 St. Sept 11		Spin 5:15-6 St. Sept 11	W/O 101 4-5 Cardio Rm Damon	Tryit Yoga Flow 5-5:55 Stefanie W.			Tryit Spin 5:15-6 Ocean	Tryit Yoga 5:05-6 Sonja	Student Barre*NEW 5:30-6:25 St. Sept 14	Pilates Eq. Int* 5-5:55 St. Sept 14	Tryit Spin 5:15-6 Tammy
				Bodyfit by Sonja* 5:05-5:55 St. Sept 11			Pilates Eq. Int* 5:30-6:25 St. Sept 11		Classic Cardio 5:30-6:30 Adele St. Sept 11	Pilates Eq. Ess* 5:30-6:25 St. Sept 11		Heart for Life* 6-7:30 Sonja	Tryit Body Sculpt 6:05-6:55 Marie							
								Karate Club* 6-8 St. Sept 12	Strong by Zumba NEW 6:45-7:45 Tina				Tryit Zumfit 7-8 Anna				Karate Club* 6-8			
								Cheer Club* 8-10:30												

Friday				Saturday				Sunday				DROP-IN CLASS DESCRIPTIONS			
Com. Rm.	St. A	St. B	St. C	Com. Rm.	St. A	St. B	St. C	Com. Rm.	St. A	St. B	St. C				
			Spin 6:15-7:15 Bill				Spin 8:30-9:30 Doug					Total Body HIIT: An action packed fitness class filled with High Intensity Interval Training designed to challenge your body, burn fat and build lean muscle. Great way to start the day!			
Whokey* 10-11	Body Sculpt 9:30-10:30 Zena	Yoga Ref* 10-10:55 Ocean St. Sept 15		Pilates Mat Int* 9-9:55 St. Sept 16	Tryit Zumba 10-10:55 Tina	Pilates Eq. Ess* 10-10:55 St. Sept 16			Classic Cardio 10-11 Zena			Cardio Core: Low impact aerobics with lots of core work for your abs and back.			
Rental 10:30 - 11					Adult Ballet* 11:15-12:15 St. Sept 16							Classic Cardio: Back to the basics with all the fun and fabulous music and moves that you love.			
Tryit More Core 12:05-12:55 Rick				Whokey* 12-2				Whokey* 1-3				More Core: A focus on core strengthening for an energy packed workout that will leave you feeling fit and functional.			
	Tryit Drop in Yoga 4-4:50 Sonia			<p>This week we have a number of TRYit classes for our SMUdents to try! New participants are encouraged to attend these Introductory classes to</p> <p><b>TRY IT!</b></p>					Tryit Yoga 4-4:55 Stefanie B.			Drop in Yoga or Drop in Yogalates: Introductory Yoga (and Pilates) class. Good for those who want flexibility and relaxation.			
Tryit Classic Cardio 5:30-6:30 Taya			Tryit Squash 6:15-8:30pm												Body Sculpt: Abs, Legs and More with a new attitude - using tubing, weights, bars, balls, balance boards, and more.
															Strong by Zumba: Latin-inspired strength class with easy to follow moves.
												Zumba/Zumfit: Fun, effective, easy to follow, Latin-inspired, calorie burning dance fitness party!			
												Body Works/Strength Circuit: Fun filled 35 minute class challenging cardiovascular system, strength and flexibility.			
												Spin: If you are new to spin, please arrive early to be sized for your bike. Spin classes do not require bike reservation. Arrive early to secure your bike. See brochure for more details on registered classes.			
Com. Rm.=Community Room St. A=Studio A St. B=Studio B St. C=Studio C	Schedule Subject to Change- See front desk for up to date schedule *requires registration and may have an additional class fee ^indicates Women's only classes														

