

# Program Schedule **SMUfit**

June 4-10 2018

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
Total Body HIIT 6:05-6:50 Bobi			Spin 6:15-7:15 Stefanie sub								Spin 6:15-7:15 TBD	Total Body HIIT <b>NEW</b> 6:05-6:50 Bobi			
				HGS 8:30-9:30											
					Pilates Mat Int* 9-9:55 Jackie						Core St.* 8:45-9:40 Ocean <b>LAST CLASS</b>				Pilates Mat Int* 9-9:55 Jackie
Classic Cardio 9:30-10:30 Zena	Pilates Mat Int* 9:30-10:25 Jackie			Body Sculpt 9:30-10:30 Zena				Cardio Mix 9:30-10:30 Zena	Yoga Flow* 9:45-10:40 Ocean <b>LAST CLASS</b>			<b>NEW Drop in Pickleball</b> 9:30-10:30			
Daycare 10:30 - 11	Pilates Mat Int* 10:30-11:25 Jackie	Yoga Ref* 10-10:55 Ocean		Rental 10:30 - 11	10:30-11:25 Jackie			Rental 10:30 - 11				Rental 10:30-11	Pilates Mat Ess* Ocean 10:30-11:25 <b>LAST CLASS</b>		
	HGS 11:30-12:30				HGS 11:25-12:10										
				<b>NEW Drop in Pickleball</b> 11:15-12:15				Bootcamp 12:05-12:55 Sabrina			Pilates Eq.* 12-12:55 Susan	Body Works 12:05-12:40 Sonja <b>end July 26</b>			Spin 12:10-12:50 Marie
Body Sculpt 12:05-12:55 Zena				Total Body HIIT 12:30-1:15 <b>end July 24</b>		Pilates Eq. Int* Ocean 12:30-1:25 <b>LAST CLASS</b>									
<b>NEW Drop in Pickleball</b> 2:15-4:15				MBA rental 1:30-3 <b>end June 30</b>				<b>NEW Drop in Pickleball</b> 2:15-4:15							
									Dropin Yoga 5-5:55 Stefanie W <b>st June 13</b>						
Group PT* 5:05-5:55 Sonja			Spin 5:15-6 Stephanie	Drop in Basketball 4:30-5:55				Group PT* 5:05-5:55 Sonja	Yoga Flow* 5-5:55 Stefanie W <b>LAST CLASS</b>						Pilates Eq.* 5:15-6:10 Elspeth
		Pilates Eq.* 5:30-6:25 Jackie		Classic Cardio 5:30-6:30 Adele							Pilates Eq.* 5:30-6:25 Elspeth			Barre* 5:30-6:25 Kaycie	Spin 5:15-6 <b>NO CLASS</b>
Heart for Life* 6-7:30 Sonja	Zumba 6:30-7:30 Tina			Strong by Zumba 6:45-7:45 Tina				Heart for Life* 6-7:30 Sonja	Body Sculpt 6:05-6:55 Zena sub				<b>NEW Pound</b> 6:30-7:15 Kaycie		
cleaning 7:30-8									Zumfit 7-7:55 Anna						
				cleaning 8-9				cleaning 8:30-9				cleaning 8-9			

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 Doug										<p><b>Total Body HIIT/Bootcamp:</b> An action packed fitness class filled with High Intensity Interval Training designed to challenge your body, burn fat and build lean muscle.</p> <p><b>Cardio Mix/Classic Cardio:</b> Back to the basics with all the fun and fabulous music and moves that you love including the occasional Zumba flare.</p> <p><b>More Core:</b> A focus on core strengthening for an energy packed workout that will leave you feeling fit and functional.</p> <p><b>Drop in Yoga:</b> Introductory Yoga good for those who want flexibility and relaxation.</p> <p><b>Body Sculpt:</b> Abs, Legs and More with a new attitude - using tubing, weights, bars, balls, balance boards, and more.</p> <p><b>Strong by Zumba:</b> Latin-inspired strength class with easy to follow moves.</p> <p><b>Zumba/Zumfit:</b> Fun, effective, easy to follow, Latin-inspired, calorie burning dance fitness party!</p> <p><b>Body Works:</b> Fun filled class which challenges cardiovascular, strength and flexibility.</p> <p><b>Pound:</b> A cardio jam session inspired by the energizing and sweaty fun of playing the drums.</p> <p><b>Spin:</b> 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.</p> <p>Ask for more details on registered classes.</p>
							Spin 8:30-9:30 Katelyn						
					Pilates Mat Int* 9-9:55 Susan								
Body Sculpt 9:30-10:30 Zena	Yoga Flow* 10-11 Stefanie W			<b>NEW Tabata*</b> 9:30-10:25 Marie sub							Classic Cardio 10-11 Zena		
Rental 10:30 - 11		Pilates Eq. Int.* Ocean 10:30-11:25 <b>LAST CLASS</b>				Pilates Eq. Ess* 10-10:55 Susan	Zumba 10:30-11:30 Tina						
More Core 12:05-12:55 Rick													
<b>NEW Drop in Pickleball</b> 3:30-5	Drop in Yoga 4-4:50 Brian sub												
Classic Cardio 5:30-6:30 Taya								Fitness in Chinese* 4-4:55 Jason <b>CLASS MOVED TO 4PM</b>	Drop in Yoga 4-4:55 Stefanie B.				
cleaning 6:30-7:30				cleaning 6-7									

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

