Program Schedule SMUfit Summer (June-August) 2018

Monday

Com. Rm.	Studio A	Studio B	Studio C
Total Body HIIT 6:05-6:50 Bobi			Spin 6:15-7:15 Bill
Classic Cardio 9:30-10:30 Zena			
Daycare 10:30 - 11			
Body Sculpt 12:05-12:55 Zena			
NEW Drop in Pickleball 2:15-4:15			
Group PT* 5:05-5:55 Sonja S1 end July 4			Spin 5:15-6 Stephanie
Heart for Life* 6-7:30 Zena	Zumba 6:30-7:30 Tina		
cleaning 7:30-8			

Tuesday

Com. Rm.	Studio A	Studio B	Studio C
		Pilates Eq.* 9:30-10:25 Ocean end July 17	
Body Sculpt 9:30-10:30 Zena			
Rental 10:30 - 11			
NEW Drop in Pickleball 11:15-12:15			Spin 12:10-12:50 Sandra end June 26
Total Body HIIT Sonja 12:30-1:15 end June 26		Pilates Eq.* 12:30-1:25 Ocean end July 10	
Drop in Basketball 4:30-5:55	Classic Cardio 5:30-6:30 Adele		
	Strong by Zumba 6:45-7:45 Tina		
cleaning 8-9			

Wednesday

Com. Rm.	Studio A	Studio B	Studio C
	Core St.* 8:45-9:40 Ocean end July 11		
Cardio Mix 9:30-10:30 Zena	Yoga Flow* 9:45-10:40 Ocean end July 11		
Rental 10:30 - 11			
Bootcamp 12:05-12:55 Sabrina end June 27		Pilates Eq.* 12-12:55 Susan end July 11	
NEW Drop in Pickleball 2:15-4:15	Pilates Mat* 1-1:55 Susan end July 11		
Group PT* 5:05-5:55 Sonja S1 end July 4	Dropin Yoga 5-5:55 Stefanie W. end July 25	Pilates Eq.* 5:30-6:25 Elspeth end July 11	Spin 5:15-6 Tammy
Heart for Life* 6-7:30 Sonja	Body Sculpt 6:05-6:55 Marie end July 25		
	Zumfit 7-7:55 Anna		
cleaning 8:30-9			

Thursday

Com. Rm.	Studio A	Studio B	Studio C
Total Body HIIT 6:05-6:50 Bobi			
NEW Drop in Pickleball 9:30-10:30			
Rental 10:30-11:25	Pilates Mat* 10:30-11:25 Ocean end July 12		
Body Works 12:05-12:40 Sonja end July 26			Spin 12:10-12:50 Marie/Leanna
		Pilates Eq.* 5:15-6:10 Elspeth end July 19	
	Pound 6:30-7:30 Kaycie end July 26		
cleaning 8-9			

Friday

Com. Rm.	St. A	St. B	St. C
			Spin 6:15-7:15 Bill
Body Sculpt 9:30-10:30 Zena			
Rental 10:30 - 11	Yoga Flow* 10-11 Stefanie W. end June 15	Pilates Eq.* 10:30-11:25 Ocean end July 13	
More Core 12:05-12:55 Rick			
NEW Drop in Pickleball 3:30-5	Dropin Yoga 4-4:50 Sonja end July 20		
Classic Cardio Taya 5:30-6:30 end June 22			
cleaning 6:30-7:30			

Saturday

Com. Rm.	St. A	St. B	St. C
			Spin 8:30-9:30 Marie/Kate end June 28
	Pilates Mat* 9-9:55 Susan end June 23		
Tabata* 9:30-10:25 Sonja end July 21		Pilates Eq.* 10-10:55 Susan end June 23	
			Zumba 10:30-11:30 Tina
cleaning 6-7			

Sunday

Com. Rm.	St. A	St. B	St. C
	Cardio Mix 10-11 Zena		
Fitness in Chinese* 4-4:55 Jason	Dropin Yoga 4-4:55 Stefanie B.		

DROP-IN CLASS DESCRIPTIONS

Total Body HIIT/Bootcamp: An action packed fitness class filled with High Intensity Interval Training designed to challenge your body, burn fat and build lean muscle.

Cardio Mix/Classic Cardio: Back to the basics with all the fun and fabulous music and moves that you love including the occasional Zumba flare.

More Core: A focus on core strengthening for an energy packed workout that will leave you feeling fit and functional.

Dropin Yoga: Introductory Yoga good for those who want flexibility and relaxation.

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: Fun filled class which challenges cardiovascular, strength and flexibility.

Pound: A cardio jam session inspired by the energizing and sweaty fun of playing the drums.

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.

Ask 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

SMUfit