Program Schedule

SMUfit

Feb 19-25 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
											Spin 6:15-7:15 Hannah	Total Body HIIT 6:05-7:05 Bobi			
								Whockey Rental* 7:30-8:30 Sept-Feb						rental 8:30-9:30	
					Pilates Mat Int/Adv* 9-9:55 Jackie			rental 8:30-9:30	Core Str* 8:45-9:40 Ocean						
				Body Sculpt 9:30-10:30 Zena		Pilates Eq. Ess* 9:30-10:25 Ocean		Cardio Mix 9:30-10:30 Zena	Yoga Flow* 9:45-10:40 Ocean	Pilates Eq. Int* 9-9:55 Jackie			Yoga Flow* 9:30-10:25 CANCELLED	Pilates Eq. Int* 9-9:55 Jackie	Spin Core* 9:30-10:30 Leanna
					Pilates Mat Ess Senior* 10:30-11:25 Jackie			Rental 10:30 - 11				Rental 10:30 - 11:25	Pilates Mat Ess* 10:30-11:25 Ocean		
								Rental 11:25-12							
							Spin 12:10-12:50 Hannah	NEW Bootcamp 12:05-12:55 Sabrina		Pilates Eq. Ess* NEW 12-12:55 Susan		Body Works 12:05-12:40 Sonja		Pilates Eq.* 12-12:55 CANCELLED	Spin 12:10-12:50 Leanna
				Drop in Tabata 12:30-1:15 Sonja		Pilates Eq. Int* 12:30-1:25 Ocean									
				rental 2:30-3:30											
				Drop in Basketball 4:30-5:55	Barre Flow* 4:30-5:25 CANCELLED		Spin 5:15-6 Stephanie P	Bodyfit by Sonja* 5:05-5:55 New Sess.	Yoga Flow* 5-5:55 Stefanie W		Spin 5:15-6 Ocean	Drop in Yoga 5:05-5:55 Sonja	Student Barre* 5:30-6:25 Kaycie	NEW TIME Pilates Eq.* 5:15-6:10 Maria	Spin 5:15-6 Tammy
					Classic Cardio 5:30-6:30 Adele	Pilates Eq.* 5:30-6:25 CANCELLED				Pilates Eq.* 5:30-6:25 Maria					
				Karate Club* 6-8	Strong by Zumba 6:45-7:45 Tina			Heart for Life* 6-7:30 Sonja	Body Sculpt 6:05-6:55 Marie			Karate Club* 6-8			
					rental 8-9				Zumfit 7-7:55 Kaycie (sub)						
					Dance Club* 8-10			Cheer Club* 8-10:30	Drop in Pound 8:05-9 Kaycie			Rental 8-10	Rental* 8-10		

Holiday

Open

8am to 7pm

No classes

rentals in CR 8:30-9:30am and 11am to 3pm

Friday				Saturday				Sunday			
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	Robert PT 8-9:30 AM			Spin 8:30-9:30 Doug				
rental 8:30-9:30					Pilates Mat Int* 9-9:55 Amanda sub						
Body Sculpt 9:30-10:30 Mikaela sub				Drop in Tabata 9:30-10:25 Sonja		Pilates Eq. Ess* 10-10:55 Amanda sub			Cardio Mix 10-11 Jeannie		
Rental 10:30 - 11	NEW Yoga Flow* 10-11 Stefanie W	Pilates Eq. Int.* 10:30-11:25 Ocean					NEW Zumba 10:30-11:30 Tina				
More Core 12:05-12:55 Rick					Adult Ballet* 11-11:55 No Class				Student Barre* CANCELLED		
								NEW Group PT with Jason* 4-5	Drop in Yoga 4-4:55 Stefanie P		
	Drop in Yoga 4-4:50 Sonja							NEW Group PT with Jason* 5-6			
Classic Cardio 5:30-6:30 Taya								NEW Group PT with Jason* 6-6:55			
	Dance Club* 6-8										

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 Gold flare.

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

Drop in 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 WorksTabata: Fun filled class which challenges cardiovascular, 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

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