Program Schedule

SMUfit

Feb 19-25 2018

Monday

Com. Rm.	Studio A	Studio B	Studio C
Holiday Open 8am to 7pm No classes rentals in CR 8:30-9:30am and 11am to 3pm			

Tuesday

Com. Rm.	Studio A	Studio B	Studio C
Body Sculpt 9:30-10:30 Zena	Pilates Mat Int/Adv* 9-9:55 Jackie	Pilates Eq. Ess* 9:30-10:25 Ocean	
	Pilates Mat Ess Senior* 10:30-11:25 Jackie		
Drop in Tabata 12:30-1:15 Sonja		Pilates Eq. Int* 12:30-1:25 Ocean	Spin 12:10-12:50 Hannah
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
Karate Club* 6-8	Classic Cardio 5:30-6:30 Adele	Pilates Eq.* 5:30-6:25 CANCELLED	
	Strong by Zumba 6:45-7:45 Tina		
	rental 8-9		
	Dance Club* 8-10		

Wednesday

Com. Rm.	Studio A	Studio B	Studio C
			Spin 6:15-7:15 Marie (sub)
Whockey Rental* 7:30-8:30 Sept-Feb			
rental 8:30-9:30	Core Str* 8:45-9:40 Ocean	Pilates Eq. Int* 9-9:55 Jackie	
Cardio Mix 9:30-10:30 Zena	Yoga Flow* 9:45-10:40 Ocean		
Rental 10:30 - 11			
Rental 11:25-12			
NEW Bootcamp 12:05-12:55 Sabrina		Pilates Eq. Ess* NEW 12-12:55 Susan	
Bodyfit by Sonja* 5:05-5:55 New Sess.	Yoga Flow* 5-5:55 Stefanie W	Pilates Eq.* 5:30-6:25 Maria	Spin 5:15-6 Ocean
Heart for Life* 6-7:30 Sonja	Body Sculpt 6:05-6:55 Marie		
	Zumfit 7-7:55 Kaycie (sub)		
Cheer Club* 8-10:30	Drop in Pound 8:05-9 Kaycie		

Thursday

Com. Rm.	Studio A	Studio B	Studio C
Total Body HIIT 6:05-7:05 Bobi			
		rental 8:30-9:30	
		Pilates Eq. Int* 9-9:55 Jackie	
	Yoga Flow* 9:30-10:25 CANCELLED		Spin Core* 9:30-10:30 Leanna
Rental 10:30 - 11:25	Pilates Mat Ess* 10:30-11:25 Ocean		
Body Works 12:05-12:40 Sonja		Pilates Eq.* 12-12:55 CANCELLED	Spin 12:10-12:50 Leanna
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
Karate Club* 6-8			
Rental 8-10	Rental* 8-10		

Friday

Com. Rm.	St. A	St. B	St. C
			Spin 6:15-7:15 Doug
rental 8:30-9:30			
Body Sculpt 9:30-10:30 Mikaela sub	NEW Yoga Flow* 10-11 Stefanie W		
Rental 10:30 - 11		Pilates Eq. Int.* 10:30-11:25 Ocean	
More Core 12:05-12:55 Rick			
	Drop in Yoga 4-4:50 Sonja		
Classic Cardio 5:30-6:30 Taya			
	Dance Club* 6-8		

Saturday

Com. Rm.	St. A	St. B	St. C
Robert PT 8-9:30 AM			Spin 8:30-9:30 Doug
	Pilates Mat Int* 9-9:55 Amanda sub		
Group PT with Sonja* 9:30-10:25		Pilates Eq. Ess* 10-10:55 Amanda sub	NEW Zumba 10:30-11:30 Tina
	Adult Ballet* 11-11:55 No Class		

Sunday

Com. Rm.	St. A	St. B	St. C
	Cardio Mix 10-11 Jeannie		
	Student Barre* CANCELLED		
NEW Group PT with Jason* 4-5	Drop in Yoga 4-4:55 Stefanie P		
NEW Group PT with Jason* 5-6			
NEW Group PT with Jason* 6-6:55			

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

SMUfit