



AT&T Sports Center Group Exercise Schedule

Summer Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Group Cycling 5:15-6:10 Carla		Group Cycling 5:15-6:10 Carla			
		Group Cycling 9:30-10:25 Vanessa		Group Cycling 9:30-11:00 Vanessa		Group Cycling 9:30-10:25 Carla
	Youth Sports and Conditioning For ages 7-13 yrs 9:30-10:25 Mike	Youth Sports and Conditioning For ages 7-13 yrs 9:30-10:25 Mike	Youth Sports and Conditioning For ages 7-13 yrs 9:30-10:25 Mike	Youth Sports and Conditioning For ages 7-13 yrs 9:30-10:25 Mike	Youth Sports and Conditioning For ages 7-13 yrs 9:30-10:25 Mike	
	Body Blast 9:30-10:25 (court 4) Kelly	Pilates 9:30-10:25 Jenni	R.I.P.P.E.D. 9:30-10:25 (court 4) Vanessa	Abs & Assets 9:30-10:25 Jenni	Body Blast 9:30-10:25 (court 4) Jenni	
	Tumble Buddies 9:25-10:25 Charis		Tumble Buddies 9:25-10:25 Charis		Tumble Buddies 9:25-10:25 Charis	
	Yoga 10:30-11:25 Mike	Zumba Fitness® 10:30-11:25 Morgan	Yoga 10:30-11:25 Maynard	Zumba Fitness® 10:30-11:25 Morgan	Yoga 10:30-11:25 Heidi	Zumba Fitness® 10:30-11:25 Mariya
		Young at Heart 50+ Senior Class 11:30-12:25 Toni (meets on track)	Mommy & Baby Boot Camp 10:30-11:25 Kelly	Young at Heart 50+ Senior class 11:30-12:25 Toni (Group X)	Mommy & Baby Boot Camp 10:30-11:25 Kelly	
	Youth Sports and Conditioning For ages 7-13 yrs 5:30-6:25 Charis	Youth Sports and Conditioning For ages 7 – 13 yrs 5:30-6:25 Charis	Youth Sports and Conditioning For ages 7 – 13 yrs 5:30-6:25 Charis	Youth Sports and Conditioning For ages 7 – 13 yrs 5:30-6:25 Charis		
	Group Cycling Mountain Trekkers 5:30-6:25 Sophia	Circuit Training 5:30 – 6:25 Mike	Group Cycling Mountain Trekkers 5:30-6:25 Carol		Group Cycling Pedal Pushers 5:30-6:25 Jill	
	Zumba Fitness® 5:30-6:25 Mariya	Power Pilates 5:30-6:25 Jenni	Body Rock 5:30-6:25 Morgan	Abs & Assets 5:30-6:25 Sophia	Zumba Fitness® 5:30-6:25 Morgan	
	Yoga 6:30-7:25 Maynard		Yoga 6:30-7:25 Heidi			

Class Descriptions

***Abs & Assets:** Come get your rear in gear. First half of class focuses on the glutes and legs while the second half focus more on abs. Guaranteed to make you sore and wanting more!

***Body Blast:** Intense workout that will build strength, stamina and lean muscle simultaneously. Improve coordination and body awareness, decrease body fat levels and have fun! All levels are welcome!

***Body Rock:** Rock your body with this extreme full body workout that aims to sculpt and define your major muscle groups. You will perform exercises that will improve your over-all strength, muscle and cardio vascular endurance. All fitness levels welcome.

***Circuit Training:** Full body work-out using band resistance and conditioning techniques with cardio intervals to keep your motivation high. Class meets upstairs on the track.

Group Cycling: With a focus on endurance and strength, spin classes give you a great cardio workout in a short amount of time. Using a special stationary exercise bike with a weighted flywheel in a classroom setting, our instructors will motivate you to pedal harder, faster and longer!

Pedal Pushers: is a less aggressive group cycling class giving beginners a chance to get familiar with the bike set up and the format of a class before taking it to the next level.

Mommy Baby Boot Camp: Looking to incorporate your baby into your workout? Then this is the class for you. Bring your baby and a stroller and get a full body workout. Class is intended for babies ages newborn to 3 yrs. Moms must be six weeks postpartum and have doctor's permission to return to physical activity.

Pilates: Increase strength, flexibility and overall health with mat exercises focusing on engaging the mind and the body for a whole body workout.

Power Pilates: A faster paced Pilates class incorporating all the traditional exercises and adding a cardio element for a more strenuous, full body, calorie burning workout.

R.I.P.P.E.D.: Come try this total body "plateau proof fitness formula" utilizing weights and cardio training which masterfully combines R- resistance, I- intervals, P- power, P- plyometrics and E- endurance to help you maintain your physique in safe and extremely effective workout.

Tumble Buddies: Organized play with an emphasis on motor skill development, introductory tumbling and lots of fun games and music for your 3-5 year old.

Yoga: Strengthen, Tone, Stretch, Relax, Rejuvenate

***Young at Heart:** Class includes a variety of exercises that give you a full body workout in a safe and fun way. Geared specifically as a senior friendly class designed to revitalize mature bodies and restore optimal health and wholeness by utilizing low impact, invigorating and enjoyable movement.

Youth Court Sports and Conditioning: Basic sports played on courts such as Basketball, Volleyball, Pickleball, Dodge ball, Badminton etc.. Focus is on improving balance, coordination, reaction and strength. Kids are taught proper muscle warm up and cool down technique, fun activities keep kids active throughout class time and beyond. For ages 7 to 13 yrs of age.

Zumba Fitness®: Are you ready to party yourself into shape? Classes feature exotic rhythms set to high-energy Latin and international beats for a great cardio dance workout.

*** All classes that incorporate a weight lifting element or have participation number restrictions are for ages 14 and older, no exceptions. Please understand that this restriction is for the safety of your child and is required by our insurance company. For classes not marked above, please request permission from instructor prior to class and understand that you may be asked to remove your youngster if they are disruptive or are not able to perform the class safely.**

**** Fee based class.**

Note: Classes are subject to change or cancellation without notice (although we will try to NEVER do this).

We strive to offer you an exercise schedule that is balanced and provides effective programming to help you succeed with your fitness goals. Please understand that classes are included and maintained based on attendance and that a minimum number of people must be using a class for it to stay on the schedule. If you are attending a class that only has a couple others in it and you want to keep attending that class please do your best in helping us promote that class.

Guest passes are available upon request so please ask your instructor for one.

We listen to your feedback. If you would like to have a class we currently do not offer, have an instructor you love or have suggestions for how an instructor may improve, we would love to hear about it. Please fill out a comment card located at the front desk. Thank you and enjoy our schedule!