

# SPARTANBURG ATHLETIC CLUB

2420 Andrews Road • Spartanburg, South Carolina 29302 • 864-582-5050 • www.sacfitness.com

## ♥ FEBRUARY 2012 ♥

### GROUP FITNESS SCHEDULE

#### GROUP FITNESS ROOM 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am	GROUP XPOWER™	5:10am GROUP CORE	GROUP XPOWER™	5:10am GROUP CORE	GROUP XPOWER™	8:00am GROUP XPOWER™	
8:30am	GROUP CENTERGY™	8:15am GROUP XPOWER™	GROUP STEP™	GROUP XPOWER™	8:30 and 9:00am GROUP CORE	9:00am GROUP STEP™	
9:30am	GROUP STEP™	GROUP XPOWER™	GROUP CENTERGY™	GROUP XPOWER™	GROUP ACTIVE™	10:00am GROUP CORE	
10:30am	GROUP CORE	GROUP GROOVE™	GROUP ACTIVE™			10:30am GROUP ACTIVE™	2:00pm GROUP XPOWER™
12:15pm	GROUP XPOWER™		GROUP XPOWER™		GROUP CORE	11:30am ZUMBA	3:00pm GROUP GROOVE™
4:00pm		GROUP CORE				<b>NEW OPENING HOURS FOR CLUB AND NURSERY 7:45am</b>	GROUP CORE
4:30pm	GROUP STEP™	GROUP KICK™	GROUP XPOWER™	GROUP CENTERGY™	GROUP XPOWER™		GROUP CENTERGY™
5:30pm	GROUP XPOWER™	GROUP CENTERGY™	GROUP GROOVE™	GROUP STEP™	GROUP CENTERGY™		
6:30pm	GROUP GROOVE™	ZUMBA	GROUP CORE	GROUP XPOWER™			
7:30pm	GROUP CORE						

#### GROUP FITNESS ROOM 2

8:30am		PILATES					
9:30am	GROUP ACTIVE™				yoga	10:00am yoga	
10:45am	YES		YES	12:15pm yoga	YES		
4:30pm			4:15pm gentle yoga				
5:30pm	GROUP ACTIVE™	PILATES	GROUP ACTIVE™				
6:30pm	yoga	GROUP XPOWER™	Power yoga				

#### GROUP RIDE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45am		5:45am			
	8:30am		8:30am		8:30am	
9:30am		9:30am		9:30am	9:30am	10:30am
	4:30pm		4:30pm			3:00pm
	5:45pm	5:30pm				
6:30pm						

#### RIDE ROOM RULES

- Please bring a slim water bottle and small towel.
- No gym bags are allowed in the room.
- You are required to clean your bike after riding.
- You will not be allowed to enter the class late.

\*\*\* SEE REVERSE SIDE FOR SPECIAL ANNOUNCEMENTS AND CLASS DESCRIPTIONS \*\*\*

# “KICK™ & Make Up” February 14th @ 4:30pm & 5:30pm

## Group Exercise Class Descriptions



GroupPOWER is your hour of power! This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, GroupPOWER is for all ages and fitness levels. Discover results – discover GroupPOWER!



Discover new heights with GroupSTEP! Utilizing the step in many positions and heights, this compelling cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with GroupSTEP!



Redefine yourself with GroupCENTERGY. Grow longer and stronger as you explore this 60-minute journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile. Discover GroupCENTERGY!



GroupKICK brings it on! This electric 60-minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self-confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling. GroupKICK will knock you out!



Everyone finishes first in GroupRIDE! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60-minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you “Ride On!”



If you can move, you can GROOVE. You’ll stomp, flick, wiggle, jiggle, hip, hop, snap, shimmy, shake, slide, glide, smile and laugh your way through this 60-minute fitness dance program. Experience a fusion of club, urban and Latin dance styles with motivating chart topping hits and retro classic tunes. Supportive, funky, easy going instructors help you *Get A Move On!* with GroupGROOVE.



Activate Your Life in only one hour! Feeling fitter, stronger and more alive has never been more achievable or more enjoyable! Incorporating all elements of fitness, GroupACTIVE will increase your cardio fitness, build your strength and improve your balance and flexibility. All in a supportive group environment, with motivating music and caring instructors. *Get more out of life, Get Active!*



Let’s Get Hard Core! Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel and a platform – all to challenge you like never before. *Reach Your Peak with GroupCORE.*



Join the party! ZUMBA fuses hypnotic Latin rhythms with easy to follow moves to create a one-of-a-kind fitness program that is sure to leave you sweating from head to toe and smiling from ear to ear!



For all fitness levels. This class incorporates exercises using the core muscles to improve flexibility, strength and control of the body.



This class is for the YOUNG, for the ENERGETIC, for the active SENIOR. This moderate intensity, low impact class set to great music is just what you need if you are just getting started or if you prefer basic, easy-to-follow choreography.



For beginner to intermediate level, this class involves physical exercise, breathing practices, and movement. These exercises are designed to have a positive effect on posture, flexibility and strength.

- **GENTLE YOGA** – Gentle Yoga presents an introduction to basic yoga poses. Focus will be on stretching and coordination of breath to movement. Suitable for people new to yoga.
- **POWER YOGA** – A fusion of yoga with functional and flexibility training, both of which train your body to perform better.

## Water Classes

**TWINGES**

Great class for arthritis, fibromyalgia and any other musculoskeletal disorders.

**WATER AEROBICS**

Aerobic and conditioning exercises. Great for all levels of fitness!

**WATER WALKING**

Water walking and conditioning. Great for all levels!

### WATER FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am	WATER AEROBICS	WATER AEROBICS	WATER AEROBICS	WATER AEROBICS	WATER AEROBICS
9:30am	WATER WALKING	WATER WALKING	WATER WALKING	WATER WALKING	WATER WALKING
2:30pm	TWINGES		TWINGES		TWINGES

**NO SWIMMING ALLOWED DURING SCHEDULED CLASSES IN THE INDOOR POOL.**

**\*\*SHOES ARE HIGHLY RECOMMENDED FOR WATER FITNESS CLASSES.\*\***