

GROUP FITNESS SCHEDULE

JULY 2021

SPORTS CLUB HOURS

Monday-Thursday: 6:00a-8:00p

Friday: 6:00a-7:00p

Saturday: 7:00a-5:00p

Sunday: 8:00a-5:00p

KIDS CLUB HOURS

Monday-Friday: 8:30a-11:30a

DAY	TIME	CLASS	STUDIO	INSTRUCTOR
MONDAY	8:30a-9:10a	CYCLE	SPIN	TRICIA
	8:30a-9:25a	HIGH FITNESS	A	LYNN ANNE
	9:15a-10:00a	CIRCUIT TRAINING	B	TRICIA
	9:30a-10:30a	PEDAL & PULSE	SPIN	LYNN ANNE
	11:00a-12:00p	LOW IMPACT FITNESS	A	LISA
	*12:15p-1:15p	ADULT GOLF FITNESS (\$)	B	COACH JAMIE
	5:00p-5:55p	CARDIO YOGA MIX	B	TONIKA
6:00p-6:45p	SCULPT & TONE FITNESS	B	TONIKA	
TUESDAY	*8:00a-9:00a	SMALL GROUP TRAINING (\$)	B	TONIKA
	8:00a-8:45a	PILATES	A	ANNETTE
	9:00a-10:00a	AQUA HIIT	POOL	ANNETTE
	9:00a-9:55a	CYCLE	SPIN	LYNN ANNE
	*10:00a-11:00a	BARRE POWER (\$3)	B	LYNN ANNE
11:00a-12:00p	LOW IMPACT FITNESS	A	LISA	
WEDNESDAY	8:30a-9:10a	CYCLE	SPIN	TRICIA
	8:30a-9:10a	AQUA FIT/ZUMBA	POOL	ANNETTE
	9:00a-9:55a	HIIT & SCULPT	B	LYNN ANNE
	9:30a-9:55a	EXPRESS CORE	A	KATIE
	10:00a-10:25a	EXPRESS STRETCH	A	KATIE
	*10:00a-11:00a	BARRE POWER (\$3)	B	LYNN ANNE
11:00a-12:00p	LOW IMPACT FITNESS	A	LISA	
THURSDAY	8:00a-8:55a	PILATES	A	ANNETTE
	*8:00a-9:00a	SMALL GROUP TRAINING (\$)	B	TONIKA
	8:30a-9:10a	CYCLE	SPIN	TRICIA
	9:00a-9:55a	YOGA PULSE	A	AMBER
	9:00a-10:00a	AQUA PILATES/BARRE	POOL	ANNETTE
	9:15a-10:00a	CIRCUIT TRAINING	B	TRICIA
	11:00a-12:00p	LOW IMPACT FITNESS	A	LISA
FRIDAY	*8:00a-9:00a	CARDIO KICKBOXING (\$10)	B	JEFF
	8:30a-9:00a	EXPRESS CYCLE	SPIN	LYNN ANNE
	8:30a-9:25a	STEP & SCULPT	A	YI
	9:05a-10:00a	HIGH FITNESS	B	LYNN ANNE
	9:30a-10:30a	YOGA MIX	A	YI
	11:00a-12:00p	LOW IMPACT FITNESS	A	LISA
	SATURDAY	8:30a-9:25a	CYCLE	SPIN
*9:30a-10:30a		BARRE POWER (\$3)	B	LYNN ANNE

Subject to change. | ©ClubCorp USA, Inc. All rights reserved.

*INDICATES SUPPLEMENTAL FEE PER CLASS

SPECIAL NOTES:

- Saturday, July 3rd - No Live Group Fitness Classes
- Sunday, July 4th - Sports Club Hours 7:00a-2:00p