

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	6:00 am Spin 45 min. Then stretch & Mobility Liz	6:00 am Circuit Training Eduardo	6:00 am Spin Karen/Pam	6:00 am Circuit Training Eduardo	6:00 am Spin & Strength - Mindi		
	7:30 am Power Pilates Joanie	7:30 am Spin & Abs Joanie	7:30 am Yoga/Stretch Deborah F.	7:30 am Spin Terr	7:30 am Power Pilates Jude	7:30 am Yoga Rotate	
	8:30 am Abs, Arms & Assets Joanie	8:30 am Yoga Laura	8:30 am Total Body Fitness Joanie	8:30 am Barre Gretchen	8:30 am Hit The Step Kathryn	8:00 am Spin Rotate 8:30 am Total Body Fit Rotate	
Mid Morning	9:00 am Spin Debbie		9:00 am Spin & Yoga Debbie		9:00 am Spin & Abs Joanie		9:00 am Spin Rotate
					9:00-10:00 am – Tai Chi – Billy \$\$ (Ct 1)		9:00 am BootCamp+ Emily/Joanie
	9:30 am Clubbin' Cardio Brian/Kathryn	9:30 am -Senior Solutions (court 1) 9:30 am Group Power Laura 9:30am TRX Joanie \$\$	9:30 am Cardio Kick Eduardo	9:30 am – Senior Solutions (court 1) 9:30 am Group Power Debbie	9:30 am Resist-a-Ball Debbie	9:30 am Group Power Rotate	
			10:15 am TRX Cynthia \$\$		10:15 am TRX Joanie \$\$		
	10:30 am Yoga Wendy	10:30 am Zumba Susan	10:30 am Barre Kathryn	10:30 am Yoga Jeanine B.	10:30 am Yoga Nanette	10:30 am Clubbin' Cardio Brian	10:15 am Yoga Stephanie
Noon					12:30 pm Group Power Jude		
Late Afternoon			4:30 pm STRONG Eduardo				
Evening	5:30 pm Cardio Kick Blast Eduardo	5:30 pm Zumba Eduardo	5:30 pm HITT & Kettle Bells Mark	5:30 pm Barre Kathryn	5:00 pm Boot Camp Emily/Joanie		
	5:30 pm Spin Sandra/Karen		5:30 pm Spin Rotate				
	6:30 pm Group Power Mark	6:30 pm Transformer Emily	6:30 pm Group Power Elizabeth	6:30 pm Transformer Emily			
	7:30 pm Yoga/Pilates Fusion Pam	7:30 pm Clubbin' Cardio Brian	7:30 pm Yoga Steph (spin room): 7:45-10:00 pm Happy Hour Practica (Argentine Tango)	7:30 pm Clubbin' Cardio Brian			

The linked image cannot be displayed. The file may have been moved, renamed, or deleted. Verify that the link points to the correct file and location.

GROUP FITNESS CALENDAR: October 2017

Group Fitness Class Descriptions

Cardio Classes

Annapolis Argentine Tango Dance: (7:00-8:30 beginner class in small studio) 7:30-9:30 pm all levels welcome in studio 1. (S-call for additional information)

Boot Camp: Cardiovascular and muscular work using a variety of tools, skills and drills. Get back to basics and watch your progress!. Foundation of fitness suggested.

Cardio-Kick Blast: Get your cardio on in this Latin-inspired kickboxing class. Energetic and fun – you'll work your butt off!

Clubbin' Cardio: Jam to the hottest club sounds– the lights are down and the room is rockin'! Dancing mixed with squats and lunges – now that's a workout!

Fit-For-Life: Rebecca will get you ready to live your life strong and able to accomplish every day activities. Give this class a try and challenge yourself.

HITT: Ramp your cardio with this Club favorite High Intensity Interval Training. You've heard the HITT hype – now come and experience it!

Hit The Step: This isn't your mother's step class. Bring your intensity and your love of step and get your Friday morning groove on. Your cardio and strength will be tested!

Kettle Bells: Build strength in all the right places: lower back, hips, legs, shoulders, glutes – This class will get your heart pumping.

Spin®: 50, 60, 75-minute classes that fuse the science of cycling with your passion to excel! Ride a variety of challenging experiences delivered on our state of the art Spinner Blade Ion® Power bikes. Check the Spin schedule for class times, formats and class length. Let's Ride!

STRONG® by ZUMBA – 60 minutes of high intensity interval workouts synced to music. Every move is to the beat and every beat has a move. Get ready to get your groove on!

Total Body Fitness: Get ready to get your heart pumping and your body sweating – anything goes in this class. A variety of equipment, creative formats. Each week is something different!

Transformer: Transform your body with functional exercises using partner, group and individual workouts. A high level class that is fun ,social and always challenging!. Foundation of fitness encouraged before attempting this class.

Zumba®: Move, groove and then move some more. High-energy dance choreography and music with teachers who know how to set the mood and break it down!

Strength/Core Classes

Arms, Abs, & Assets – Like the name suggests we work arms, core and lower body without a lot of cardio. Great class for beginners to advanced athletes. Go at your own pace.

Barre : Lower musculature sculpting! Light weights, matt work, Ballet Barre, gliding discs and micro-movements – a challenge like no other! All levels welcome.

Group Power®: Strengthen all major muscle groups in a 60-minute motivating group environment and watch your body transform. Music, weights, challenging routines kept fresh to keep your muscles guessing!

Power Pilates®: Develop balance, strength, healing through this classic, systemic, integrative approach to the exercises and principles created by Joseph Pilates.

Resist-a-Ball®: One stop shop! 20/20/20 cardio/strength/core using Resist-a-Balls, dumbbells, bands and/or body bars for a resistance and balance challenge!

Yoga: Start or deepen your Yoga practice with physical postures, breath and stretching while exploring Yoga philosophy. Build strength, flexibility and awareness.

Yoga Pilates Fusion: 60 minutes of two modalities seamlessly fused to benefit your body, mind and spirit. This class leaves you energized and peaceful.

Senior Solutions: These free workshops use weights, bands and stretching to increase range of motion, strength and improve overall balance. Every Tues. & Thurs at 9:30 am.

All Group Fitness Instructors are Nationally Certified Professionals and CPR/AED certified. SPRFC is an authorized Spinning® facility. Our Spin® instructors are Mad Dogg Athletics certified. Severna Park Racquetball and Fitness Club 8514 Veterans Highway, Millersville, MD 21108 410-987-0980. www.sprfc.com