



THE SPA FITNESS & WELLNESS CENTER
910-484-2111 WWW.THESPAFITNESSCENTER.COM

Eutaw Schedule September 2017

MORNING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 - 6:30 AM Bootcamp - Michelle	5:30 - 6:00 AM Pump it up - Kim	5:30 - 6:30 AM PiYo - Justyn	5:30 - 6:15 AM Broga - Kim	5:15 - 6:00 AM Circuit - Kim	8:15-9:15 AM Senior Yoga - Sally
8:30 - 9:30 AM Yoga - April	9:00am - 10:00AM Yoga - April	9:00 - 10:00AM Pump it up - Maribel	8:45 - 9:30 AM Bootcamp - Michelle	9:00 - 10:00 AM Zumba - Amaryllis	9:30 - 10:30 AM 2nd—Tabata w/ Kristen 9th—Pump It Up w/ Maribel 16th—Zumba w/ Andre 23rd—Strong w/ Eric 30th—Mixxed Fit w/ Andre
9:30 - 10:30 AM Zumba - Michelle	10:00 - 11:00 AM Step—Amaryllis	10:15 - 11:00 AM Centergy - Maribel	9:30—10:30 AM Strong By Zumba—Eric	10:00 - 11:00 PM Yoga - Lorna	
10:30 - 11:30 AM Sculpt – Michelle	11:15 - 12:00 PM Low Impact Fitness - Roxanne	11:00 - 12:00 PM Barrelates - Juleen	10:30 - 11:15 AM Zumba Toning® - Danette	11:00 - 12:00 Lower Body Blast - Kristin	
11:30 - 12:30 PM Barrelates - Juleen	12:00 - 1:00 PM Yoga - Sally		11:15 - 12:00 PM PiYo - Danette		
			12:00 - 1:00 PM Yoga - Sally		

EVENING

Monday	Tuesday	Wednesday	Thursday	Friday	
4:30 - 5:30 PM H.I.I.T. – Marie	4:30 - 5:30 PM Step Interval - Juleen	4:00 - 4:30PM Jump Rope Express - Kristin	5:30 - 6:30 PM Yoga - April	5:30 - 6:30 PM Werq - Katie C.	OPTIONAL CLASSES AVAILABLE BY NEU WAVE PERSONAL TRAINING COMPANY *ADDITIONAL FEES APPLY Monday & Wednesday Boot Camp 6:30-7:30 am Wednesday 12:30 - 1:30 Friday TRX- 6:00am-7:00am
5:30 - 6:30 PM Zumba® - Paola	5:30 - 6:30 PM Yoga - April	4:30 - 5:30 PM Tabata - Kristin	6:30 - 7:30 PM Zumba - Andre		
6:30 - 7:30 PM Yoga - Jenny	6:30 - 7:30 PM Zumba - Eric	5:30 - 6:30 PM Werq - Katie H.			
	7:30 - 8:30 PM Strong by Zumba - Eric	6:30 - 7:30 PM Yoga – Emelia			

SPIN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00 - 7:00 AM Kim R	6:00 - 7:00 AM Dan P		6:00 - 7:00 AM Marie	6:00 - 7:00 AM Kristin	9:00 -10:00 AM Kristin	Suffer Fest Spin Class September 24 1:30—3:30 PM Kim G
9:30 - 10:30 AM Jenni	9:30 - 10:30 AM Michelle	9:30—10:30 AM Kim	9:30 - 10:30 AM Jenni	9:30 - 10:30 AM Kristin		
6:00 - 7:00 PM Gail	6:00 - 7:00 PM Nick	6:00 - 7:00 PM Jenni	6:00 - 7:00 PM Kim R	4:30 - 5:30 PM Katie		

AQUA

Monday	Tuesday	Wednesday	Thursday	Friday	
9:30 - 10:30 AM Aqua Fit - Diane	6:00 - 7:00 AM Aqua Bike - Danette	9:30 - 10:30 AM Aqua Fit - Sheri	6:00 - 7:00 AM Aqua Bike - Danette	9:30 - 10:30 AM Aqua Power - Diane	
10:30 - 11:30 AM Aqua Step - Diane	9:30 - 10:30 AM Aqua Interval - Danette	10:30 - 11:30 AM Aqua Bike - Sheri	9:30 - 10:30 AM Aqua Interval - Diane	10:30 - 11:30 AM Aqua Core & More - Diane	
4:30 - 5:30 PM Aqua Step Interval - Roxanne	10:30 - 11:30 AM Aqua Pilates/Ai Chi - Danette	4:30 - 5:00 PM Aqua Step - Danette	10:30 - 11:30 AM Aqua Step & Toning - Diane		
5:30 - 6:30 PM Aqua Aerobics - Henrietta	5:30 - 6:30 PM Aqua Bootcamp-Danette/Diane	5:00 - 5:30 PM Aqua Abs - Danette	5:30 - 6:30 PM Aqua Fit - Marie		
	6:45 - 7:45 PM Aqua Bike - Danette/Diane	5:30 - 6:30 PM Aqua Mix - Danette	6:45 - 7:45 PM Aqua Bike - Marie		

CROSS TRAINING



FITNESS CENTER

CLASS SCHEDULE

	CLASS	OPEN GYM	SPIN *FREE TO ALL SPA FITNESS MEMBERS	ATHLETIC DEVELOPMENT
MONDAY	6:30 - 7:30 AM 9:00 - 10:00 AM 10:30 - 11:30 AM 1:30 - 2:30 PM 5:15 - 6:15 PM 6:30 - 7:30 PM	8:30 - 9:00 AM 10:00 - 10:30 AM 1:00 - 1:30 PM 4:45 - 5:15 PM	6:00 - 7:00AM 9:30 - 10:30AM 6:00 - 7:00PM	3:00 - 5:00 PM
TUESDAY	6:30 - 7:30 AM 9:00 - 10:00 AM 10:30 - 11:30 AM 1:30 - 2:30 PM 5:30 - 6:30PM 7:00 - 8:00PM	8:30 - 9:00AM 10:00 - 10:30 AM 1:00 - 1:30 PM 5:00 - 5:30 PM	6:00 - 7:00AM 9:30 - 10:30AM 6:00 - 7:00PM	3:00 - 5:00 PM
WEDNESDAY	6:30 - 7:30 AM 9:00 - 10:00 AM 10:30 - 11:30 AM 1:30 - 2:30 PM 5:15 - 6:15 PM 6:30 - 7:30 PM	8:30 - 9:00 AM 10:00 - 10:30 AM 1:00 - 1:30 PM 4:45 - 5:15 PM	9:30 - 10:30AM 6:00 - 7:00PM	3:00 - 5:00 PM
THURSDAY	6:30 - 7:30 AM 9:00 - 10:00 AM 10:30 - 11:30 AM 1:30 - 2:30 PM 5:30 - 6:30PM 7:00 - 8:00PM	8:30 - 9:00AM 10:00 - 10:30 AM 1:00 - 1:30 PM 5:00 - 5:30 PM	6:00 - 7:00AM 9:30 - 10:30AM 6:00 - 7:00PM	3:00 - 5:00 PM
FRIDAY	6:30 - 7:30 AM 9:00 - 10:00 AM 10:30 - 11:30 AM 1:30 - 2:30 PM 5:15 - 6:15 PM	8:30 - 9:00AM 10:00 - 10:30 AM 1:00 - 1:30 PM 4:45 - 5:15 PM	6:00 - 7:00AM 9:30 - 10:30AM 4:30 - 5:30PM	3:00 - 5:00 PM
SATURDAY	11:00 AM - 12:00 PM	10:00 AM - 11:00 AM	9:00 - 10:00AM	10:00 - 11:00 AM