



**THE SPA FITNESS & WELLNESS CENTER**  
**910-484-2111 WWW.THESPAFITNESSCENTER.COM**  
**EUTAW SCHEDULE MAY 2017**

No open swim available during children's swim lessons  
 Saturdays from 10:30AM—2:30PM

**MORNING/NOON**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:30 AM Bootcamp - Michelle	5:30 - 6:00 AM Express Fit - Kim Gaddy	5:30 - 6:00 AM Barre - Michelle	5:30 - 6:15 AM Brogia- Wendy	5:15 - 6:00 AM Circuit - Maribel	8:15-9:15 Senior Yoga - Sally	
6:30 - 7:30 AM Boot Camp - Fee - Neu Wave	6:00-7:00 AM Pilates - Juleen	6:00 - 6:30 AM Sculpt - Michelle	6:15 - 7:00 AM Pilates - Juleen	6:00 - 7:00 AM TRX - Fee - NeuWave	9:30 - 10:30 6th—Zumba w/ Tiffany 13th—Werq w/ Katie H 20th—Zumba w/ Andre 27th—Zumba w/ Eric	
7:30 - 8:30 AM Yoga - Wendy	8:00am-9:00AM Yoga - April	6:30 - 7:30 AM Boot Camp - Fee - Neu Wave	8:15—9:00 Kettlebell - Evelyn	8:00 - 9:00 AM Lower Body Blast - Kristin		
8:30 - 9:30 AM Step Interval - Michelle	9:00 - 9:45 AM Kettlebell - Evelyn	8:00—9:00 AM Lite, Easy Fun - Roxanne	9:00 - 10:00 AM Bootcamp -Michelle	9:00 - 10:00 AM R.I.P.P.E.D. - Marie		
9:30 - 10:30 AM Zumba - Michelle	10:00 - 11:00 AM Insanity - Jen	9:00 - 10:00AM Pump it up - Maribel	10:00 - 11:00 AM Zumba Toning®- Danette	10:00 - 11:00 AM Pilates - Juleen	10:30 - 11:30 6th—R.I.P.P.E.D. w/ Marie 13th—Insanity w/ Jen 20th—Tabata w/ Kristin 27th—Werq w/ Katie C.	
10:30 - 11:30 AM Sculpt- Michelle	11:15 - 12:00 PM Lite, Easy, Fun - Roxanne	10:15 - 11:00 AM Cardio Circuit - Maribel	11:00 - 12:00 PM Pilates - Karen	11:00 - 12:00 PM Yoga - Wendy		
11:30 - 12:30 PM Barrelates - Juleen	12:00 - 1:00 PM Yoga - Sally	11:00 - 12:00 PM Barrelates - Juleen	12:00 - 1:00 PM Yoga Sally	12:00 — 1:00 Core Conditioning - Karen		
12:30 -1:30 PM Cardio Strong - Kristin		12:30 - 1:30 PM TRX - Fee - NeuWave				
		1:30 - 2:15 PM Pilates - Lucy				

**EVENING**

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	4:30 - 5:30 PM Barrelates - Juleen	5:30 - 6:30 PM Pump It Up—Maribel		
5:30 - 6:15 PM Centergy - Maribel	5:30 - 6:30 PM Zumba® - Eric	4:30 - 5:30 PM Tabata - Kristin	5:30 - 6:30 PM Yoga - April	6:30 - 7:30 PM Werq—Katie C.		
6:30 - 7:30 PM Zumba® - Paola	6:30 - 7:30 PM Pump it up - Marie	5:30 - 6:30 PM Zumba® - Tiffany D	6:30 - 7:30 PM Zumba - Andre			
7:30 - 8:30 PM Yoga - Tiffany	7:30 - 8:30 PM Barrelattes - Marie	6:30 - 7:30 PM Yoga - Wendy	7:30 - 8:30 PM TRX - Fee - NeuWave			

**SPIN**

5:30 - 6:30 AM—Kim	6:00 - 7:00 AM—Dan	5:30 - 6:30 AM—Kim	6:00 - 7:00 AM—Marie	6:00 - 7:00 AM—Kristin	9:00—10:00 AM	<b>Sufferfest Spin Class May 28th 1:30—3:30</b>
9:30 - 10:30 AM—Jenni	9:30 - 10:30 AM—Michelle	9:30 - 10:30 AM—Katie	9:30 - 10:30 AM—Karen	9:30 - 10:30 AM—Kristin		
6:00 - 7:00 PM—Gail	6:00 - 7:00 PM—Nick	6:00 - 7:00 PM—Jenn	6:00 - 7:00 PM—Kim	4:30 - 5:30 PM—Katie/Delia		

**AQUA**

9:30 - 10:30 AM AquaFit - Sheri	6:00 - 7:00 AM Aqua Bike - Danette	5:30 - 6:30 AM Aqua Bike - Sheri	6:00 - 7:00 AM Aqua Bike - Danette	9:30 - 10:30 AM Aqua Power - Diane	<b>Aqua Bike</b> 8:30 - 9:15 AM  <b>Instructor's Choice</b> 9:30 - 10:15 AM  6th—Diane 13th—Sheri 20th—Henrietta 27th—Roxanne	<b>*Open swim is available during aqua bike classes*</b>
10:30 - 11:30 AM AquaMoves - Karen	9:30 - 10:30 AM Aqua Interval - Danette	9:30 - 10:30 AM / Diane Aqua Aerobics & Toning	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 - 11:00 AM Aqua Step - Danette	10:30 - 11:30 AM / Diane Aqua Step & Toning	10:30 - 11:30 AM Aqua Step & Toning - Diane			
5:30 - 6:30 PM Aqua Aerobics - Henrietta	11:00 - 11:30 AM Aqua Pilates/Ai Chi - Danette	4:30 - 5:00 PM Aqua Step - Danette	5:30 - 6:30 PM Aqua Fit - Marie			
6:45 - 7:45 PM Aqua Bike - Diane	5:30 - 6:30 PM Aqua Bootcamp - Danette	5:00 - 5:30 PM Aqua Abs - Danette	6:45 - 7:45 PM Aqua Bike - Marie			
	6:45 - 7:45 PM Aqua Bike - Danette	5:30 - 6:30 PM Aqua Mix - Danette				

# CROSS TRAINING



## FITNESS CENTER

### CLASS SCHEDULE

	CLASS	OPEN GYM	SPIN *FREE TO ALL SPA FITNESS MEMBERS	ATHLETIC DEVELOPMENT
<b>MONDAY</b>	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	5:30 - 6:30AM 9:30 - 10:30AM 6:00 - 7:00PM	3:00 - 5:00 PM
<b>TUESDAY</b>	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
<b>WEDNESDAY</b>	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	5:30 - 6:30AM 9:30 - 10:30AM 6:00 - 7:00PM	3:00 - 5:00 PM
<b>THURSDAY</b>	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
<b>FRIDAY</b>	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
<b>SATURDAY</b>	11:00 AM - 12:00 PM	10:00 AM - 11:00 AM	9:00 - 10:00AM	10:00 - 11:00 AM