



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

The Spa will be CLOSED Tuesday, July 4th—Have a Safe and Fun Holiday!

EUTAW SCHEDULE JULY 2017

MORNING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 - 6:30 AM Bootcamp - Michelle	5:30 - 6:00 AM Morning Fit - Kim Gaddy	5:30 - 6:30 AM PiYo - Justyn	5:30 - 6:15 AM Broga - Wendy	5:15 - 6:00 AM Circuit - Maribel	8:15-9:15 AM Senior Yoga - Tiffany 9:30 - 10:30 AM 1st—Zumba w/ Eric 8th—MixedFit w/ Andre 15th—Zumba w/ Eric 22nd—Zumba w/ Andre 29th—Werq w/ Katie H
8:30 - 9:30 AM Yoga - April	8:00am - 9:00AM Yoga - April	9:00 - 10:00AM Pump it up - Maribel	8:15 - 9:00 Kettlebell - Evelyn	9:00 - 10:00 AM Zumba - Amaryllis	
9:30 - 10:30 AM Zumba - Michelle	9:00 - 9:45 AM Kettlebell - Evelyn	10:15 - 11:00 AM Centergy - Maribel	9:00 - 10:00 AM Bootcamp - Michelle	10:00 - 11:00 PM Yoga - Wendy	
10:30 - 11:30 AM Sculpt - Michelle	10:00 - 11:00 AM Insanity - Jen	11:00 - 12:00 PM Barrelates - Juleen	10:00 - 11:00 AM Zumba Toning® - Danette	11:00 - 12:00 Lower Body Blast - Kristin	
11:30 - 12:30 PM Barrelates - Juleen	11:15 - 12:00 PM Low Impact Fitness - Roxanne		11:00 - 12:00 PM PiYo - Danette		
	12:00 - 1:00 PM Yoga - Tiffany		12:00 - 1:00 PM Yoga - Tiffany		

EVENING

Monday	Tuesday	Wednesday	Thursday	Friday	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
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.	
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 - Tiffany	6:30 - 7:30 PM Zumba - Eric	5:30 - 6:30 PM Werq - Katie H.			
	7:30 - 8:30 PM Pump It Up - Marie	6:30 - 7:30 PM Yoga - Wendy			

SPIN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 - 10:30 AM Jenni	6:00 - 7:00 AM Dan	9:30 - 10:30 AM Katie	6:00 - 7:00 AM Marie	6:00 - 7:00 AM Kristin	9:00 -10:00 AM Kristin
6:00 - 7:00 PM Gail	9:30 - 10:30 AM Michelle	6:00 - 7:00 PM Jenn	9:30 - 10:30 AM Kristin	9:30 - 10:30 AM Kristin	
	6:00 - 7:00 PM Nick		6:00 - 7:00 PM Kim		

AQUA

Monday	Tuesday	Wednesday	Thursday	Friday	*No open swim available during swim lessons on Saturdays 10:30am-2:30pm
9:30 - 10:30 AM Aqua Fit - Diane	6:00 - 7:00 AM Aqua Bike - Danette	6:00 - 7:00 AM Aqua Bike - Sheri	6:00 - 7:00 AM Aqua Bike - Danette	9:30 - 10:30 AM Aqua Power - Diane	
10:30 - 11:30 AM Aqua Bike - Diane	9:30 - 10:30 AM Aqua Interval - Danette	9:30 - 10:30 AM Aqua Fit - 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	10:30 - 11:30 AM Aqua Bike - Sheri	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	4:30 - 5:00 PM Aqua Step - Danette	5:30 - 6:30 PM Aqua Fit - Marie		
	6:45 - 7:45 PM Aqua Bike - Danette/Diane	5:00 - 5:30 PM Aqua Abs - Danette	6:45 - 7:45 PM Aqua Bike - Marie		
		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
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	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	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