



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

Eutaw Schedule February 2018

MORNING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 - 6:00 AM Strong by Zumba - Eric	5:15 - 6:15 AM Sculpt - Kim	5:15 - 6:00 AM Pilates Stretch - Kim	5:15 - 6:15 AM Sculpt - Kim	5:15 - 6:00 AM Cardio Toning - Manuela	8:15-9:15 AM Senior Yoga - Sally	2:00 - 3:30 PM 4th: Pump/Combat w/ Nancy 11th: Zumba w/ Andre 18th: Pump/Combat w/ Nancy 25th: Spinning w/ Kim R
6:00 - 7:00 AM Spin - Kim R	8:45 - 9:30 AM Zumba	6:00 - 7:00 AM Spin - Dan	8:45 - 9:30 AM Cardio Toning - Amaryllis	6:00 - 7:00 AM Spin - Kristin	9:30 - 10:30 AM - Spin 3rd: Gail	
8:30 - 9:30 AM Yoga - April	9:30 - 10:30 AM Spin - Kim	8:30 - 9:30 AM Yoga - April	9:30 - 10:30 AM Spin - Jenni	9:00 - 10:00 AM Lower Body Blast - Kristin	10th: Kim G	
9:30 - 10:30 AM Body Combat - Nancy	10:30 - 11:15 AM Body Pump - Tiffany V	9:30 - 10:30AM Body Combat - Nancy	10:30 - 11:15 AM Zumba Toning - Danette	10:00 - 11:00 AM Yoga Flow - Lorna	17th: Delia	
10:30 - 11:30 AM Sculpt - Emelia	11:15 - 12:00 PM Senior Circuit - Tiffany V	10:30 - 11:15 AM Body Pump - Maribel	11:15 - 12:00 PM PiYo - Danette	11:00 - 12:00 PM Zumba - Amaryllis	24th: Kristin	
11:30 - 12:30 PM Zumba w/ Amaryllis		11:15 - 12:00 PM Centergy Mix - Maribel			10:30 - 11:30 AM 3rd: Strong w/ Eric 10th: Body Pump w/ Jackie 17th: Mixxfit w/ Andre 24th: Tabata w/ Kristin	

AFTERNOON/EVENING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	
4:30 - 5:00 PM Zumba® Express - Paola	12:00 - 1:00 PM Yoga - Sally	12:00 - 1:00 PM Zumba - Eric	12:00 - 1:00 PM Yoga - Sally	4:30 - 5:30 PM Spin - Katie	
5:00 - 6:00 PM Body Pump - Jackie	5:00 - 6:00 PM Yoga - April	4:30 - 5:00PM Spin Express - Kristin	5:00 - 6:00 PM Yoga - April	5:30 - 6:30 PM Body Pump - Maribel	
6:00 - 7:00 PM Spin - Gail	6:00 - 7:00 PM Spin - Nick	5:00 - 6:00 PM Tabata Mix - Kristin	6:00 - 7:00 PM Spin - Kim R		
7:00 - 8:00 PM Beginners Yoga - Emelia	7:00 - 8:00 PM Zumba - Eric	6:00 - 7:00 PM Werq - Katie H.	7:00 - 8:00 PM Zumba - Jonathon		
		7:00 - 8:00 PM Yoga - Emelia			

AQUA CLASSES

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	Saturday, February 10th 9:00 AM - Aqua Step 10:00 AM - Aqua Bike The schedule will be reviewed quarterly and classes that do not have 6 or more participants are subject to being removed from the schedule.
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	
5:30 - 6:15 PM Aqua Aerobics - Henrietta	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		
6:15 - 7:00 PM Aqua Moves - Henrietta	5:30 - 6:30 PM Aqua Bootcamp - Diane/Henrietta	5:00 - 5:30 PM Aqua Abs - Danette	5:30 - 6:30 PM Aqua Fit - Marie		
	6:30 - 7:30 PM Aqua Bike - Diane/Henrietta	5:30 - 6:30 PM Aqua Mix - Danette	6:30 - 7:30 PM Aqua Bike - Marie		