



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

Eutaw Schedule January 2018

MORNING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 - 6:00 AM Strong by Zumba - Eric	5:15 - 6:15 AM Pump it up - Kim	5:15 - 6:00 AM Pilates Stretch - Kim	5:15 - 6:15 AM Body Pump - Kristin	5:15 - 6:00 AM Tabata - Kristin	8:15-9:15 AM Senior Yoga - Sally	January 7th/21st 1:30 - 2:30 Spin - Kim
6:00 - 7:00 AM Spin - Kim R	9:00 - 10:00 AM Spin - Kim	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 - Kristin	
8:30 - 9:30 AM Yoga - April	10:00 - 11:00 AM Body Pump - Tiffany V	8:30 - 9:30 AM Yoga - April	9:30 - 10:30 AM Spin - Jenni	9:00 - 10:00 AM Lower Body Blast - Kristin	10:30 - 11:30 AM 6th: Body Pump w/ Maribel	
9:30 - 10:30 AM Sculpt - Emelia	11:00 - 12:00 PM Senior Circuit - Tiffany V	9:30 - 10:30 AM Body Pump - Maribel	10:30 - 11:15 AM Zumba Toning - Danette	10:00 - 11:00 AM Yoga - Lorna	20th: WERQ w/ Katie 27th: Tabata w/ Kristin	
10:30 - 11:30 AM Yoga/Barre - Emelia		10:30 - 11:15 AM Centergy - Maribel	11:15 - 12:00 PM PiYo - Danette	11:00 - 12:00 PM Zumba - Amaryllis	No Land Classes January 13th	
11:30 - 12:30 PM Zumba w/ Amaryllis		11:15 - 12:00 PM Cardio Toning - Amaryllis				

AFTERNOON/EVENING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	
5:00 - 6:00 PM Zumba® - 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	OPTIONAL CLASSES AVAILABLE BY NEU WAVE PERSONAL TRAINING COMPANY *ADDITIONAL FEES APPLY* Tuesday 6:15-7:15AM Thursday 6:15-7:15AM
6:00 - 7:00 PM Spin - Gail	5:00 - 6:00 PM Yoga - April	4:30 - 5:00 PM Spin Express - Kristin	5:00 - 6:00 PM Yoga - April	5:30 - 6:30 PM Pump - Maribel	
7:00 - 8:00 PM Yoga - Emelia	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 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, January 13th 9:00 AM - Aqua Bootcamp 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		