



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

## Eutaw Schedule November 2018

### MORNING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 - 6:00 AM Strong- Eric	5:15 - 6:15 AM Sculpt - Kim G	5:15 - 6:00 AM Pilates Stretch— Kim G	5:15 - 6:15 AM Body Pump w/ Nancy	5:15 - 6:00 AM Yoga—Emelia	8:15-9:15 AM Senior Yoga - Sally	2:00-3:00
6:00 - 7:00 AM Spin - Kim R	8:30 - 9:30 AM Zumba - Cesar	6:00 - 6:45 AM Spin - Kim G	8:30 - 9:30 AM Zumba - Devin	6:00 - 7:00 AM Spin—Marabel	<b>9:30 - 10:30 AM - Spin 3 rd - Karen 10 th - Maribel 17 th - NO GROUP CLASS 24 th- Chantel</b>  <b>10:30 - 11:30 3 rd - Core Camp/Karen 10 th- Body Pump/Maribel 17 th - NO GROUP CLASS 24 th - Body Pump/Chantel</b>	<b>Body Pump</b> 4th Nancy 18th Nancy
8:30 - 9:30 AM Yoga - April	9:30 - 10:30 AM Spin - Karen	8:30 - 9:30 AM Yoga - Chrissy	9:30 - 10:30 AM Spin - Jennifer	9:00 - 10:00 AM Body Pump - Nancy		3:00-4:00
9:30 - 10:30 AM Body Pump - Chantel	10:30 - 11:15 AM Glute/Core Camp w/ Kristin/Karen	9:30 - 10:30AM SBZ - Eric	10:30 - 11:15 AM PiYo—Danette	10:00 - 11:00 AM Body Combat - Nancy		<b>Body Combat</b> 4th Nancy 18th Nancy
10:30 - 11:30 AM Body Combat— Chantel	11:15 - 12:10 PM Senior Circuit w/ Danette	10:30 - 11:30 AM Body Pump - Maribel	11:15 - 12:10 PM Senior Circuit w/ Danette	11:00 - 12:00 PM Yoga –Chrissy		
11:30 - 12:30 PM Barre - Marie		11:30 - 12:30 PM Centergy Maribel				

### AFTERNOON/EVENING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	<b>Feature Friday 23rd</b>  <b>8:00 Centergy / Maribel</b> <b>9:00 Spin / Maribel</b> <b>10:00 Body Pump / Nancy</b> <b>11:00 Zumba / Jonathan</b>
4:00 - 5:00 PM Cross Training - Marie	12:15 - 1:00 PM Yoga - Sally	4:30 - 5:00PM Spin Express - Kim R	12:15 - 1:00 PM Yoga - Sally	4:30 - 5:30 PM Spin - Maribel	
5:00 - 6:00 PM Body Pump - Jackie	5:00 - 6:00 PM Yoga - April	5:00 - 6:00 PM Strong - Eric B	5:00 - 6:00 PM Yoga - Tiffany	5:30 - 6:30 PM Body Pump - Maribel	
6:00 - 7:00 PM Spin - Gail	6:00 - 7:00 PM Spin - Nick	6:00 - 7:00 PM Cross Training - Eric N	6:00 - 7:00 PM Spin - Kim R		
7:00 - 8:00 PM Beginners Yoga - Emelia	7:00 - 8:00 PM Zumba - Eric B	7:00 - 8:00 PM IntermediateYoga – Emelia	7:00 - 8:00 PM Zumba - Jonathon		

### AQUA CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	<b>LaBlast Splash Sneak Peek</b> <b>Saturday November 17th will be open</b> <b>to all members</b> <b>9:30 - 10:30</b>  <b>Pool will be closed from 2:30 to 5:00 pm</b> <b>Saturday November 17th</b>  The schedule will be reviewed quarterly and classes that do
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	9:00 - 10:00 AM Aqua Interval - Danette	10:30 - 11:30 AM Aqua Bike - Sheri	9:00 - 10:00 AM Aqua Interval - Diane	10:30 - 11:30 AM Aqua Core & More - Diane	
5:30 - 6:30 PM Aqua Bootcamp –Diane	10:00 - 11:00 AM Aqua Pilates/Ai Chi - Danette	4:30 - 5:00 PM Aqua Step - Danette	10:00 - 11:00 AM Aqua Step & Toning - Diane		
6:30 - 7:30 PM Aqua Bike - Diane	5:30 - 6:30 PM Aqua Moves—Henrietta	5:00 - 5:30 PM Aqua Abs - Danette	5:30 - 6:30 PM Aqua Fit - Katie		