



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

**Eutaw Schedule September 2018**

**MORNING CLASSES**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 - 6:00 AM SBZ- 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	<b>9th 1:00– 3:00 Spin A British invasion Jenni</b>  23rd 1:00—3:00 Less Mills launch
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 1st—Jenni</b>	
8:30 - 9:30 AM Yoga - April	9:30 - 10:30 AM Spin - Karen	8:30 - 9:30 AM Yoga - Candice	9:30 - 10:30 AM Spin - Jennifer	9:00 - 10:00 AM Body Pump - Nancy	<b>8th - Kim R 15th—Jenni 22nd—Kim R 29th—Chantel</b>	
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		
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 –Christina	<b>10:30 - 11:30 AM 1st Zumba Jonathon 8th Glute Camp Kristin 15th Insanity Jenni 22nd Glute Camp Kristin</b>	
11:30 - 12:30 PM Barre - Marie		11:30 - 12:30 PM Centergy Maribel				

**AFTERNOON/EVENING CLASSES**

Monday	Tuesday	Wednesday	Thursday	Friday	
4:00 - 5:00 PM Cross Spin - 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 Body Pump - Elizabeth	5:00 - 6:00 PM Yoga - Lorna	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 Spin - 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	Saturday, September 8th
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	<b>9:00 AM Aqua Zumba</b>  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	9:00 - 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 - Marie		
	6:30 - 7:30 PM Aqua Bike/Step—Henrietta	5:30 - 6:30 PM Aqua Mix - Danette	6:30 - 7:30 PM Aqua Bike - Marie		