



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

## Eutaw Schedule December 2017

### MORNING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 - 6:00 AM Bootcamp - Michelle	5:15 - 6:15 AM Pump it up - Kim	5:00 - 6:00 AM PiYo - Justyn	5:15 - 6:15 AM Pilates Stretches - Kim	5:15 - 6:00 AM Circuit - Kim	8:15-9:15 AM Senior Yoga - Sally	Dec 3rd/17th/31st 1:30 - 2:30 Spin
6:00 - 7:00 AM Spin - Kim R	8:30am - 9:30AM Yoga - April	6:00 - 7:00 AM Spin - Dan	8:45 - 9:30 AM Bootcamp - Michelle	6:00 - 7:00 AM Spin - Kristin	9:30 - 10:30 AM Spin	
8:30 - 9:30 AM Yoga - April	9:30 - 10:30 AM Spin - Michelle	9:00 - 10:00AM Pump it up - Maribel	9:30 - 10:30 AM Spin - Jenni	9:00 - 10:00 Lower Body Blast - Kristin	10:30 - 11:30 AM	
9:30 - 10:30 AM Zumba - Michelle	10:30 - 11:15 AM Step—Amaryllis	10:15 - 11:00 AM Centergy - Maribel	10:30 - 11:15 AM Zumba Toning® - Danette	10:00 - 11:00 AM Zumba - Amaryllis	2nd—No Class	
10:30 - 11:30 AM Sculpt – Michelle	11:15 - 12:00 PM Low Impact Fitness Roxanne	11:00 - 12:00 PM Barrelates - Juleen	11:15 - 12:00 PM PiYo - Danette	11:00AM - 12:00 PM Yoga - Lorna	9th—Pump w/ Maribel	
11:30 - 12:30 PM Barrelates - Juleen					16th—Mixed Fit w/ Andre	
					23rd—Pump w/ Kim	
					30th—Zumba w/ Andre	

### 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 Strong by 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	4:00 - 5:00 PM Step Interval - Juleen	4:00 - 4:30PM Spin Express - Kristin	5:00 - 6:00 PM Yoga - April	5:30 - 6:30 PM Pump - Maribel	
7:00 - 8:00 PM Yoga - Jenny	5:00 - 6:00 PM Yoga - April	4:30 - 5:30 PM Tabata - Kristin	6:00 - 7:00 PM Spin - Kim R		
	6:00 - 7:00 PM Spin - Nick	5:30 - 6:30 PM Werq - Katie H.	7:00 - 8:00 PM Zumba - Andre		
	7:00 - 8:00 PM Zumba - Eric	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	<b>Saturday, December 2nd</b> 9:00am - 10:00am Aqua Zumba & Kickboxing  10:00am - 11:00am 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	
4:30 - 5:30 PM Aqua Step Interval - Roxanne	10:30 - 11:30 AM Aqua Pilates/Ai Chi -	4:30 - 5:00 PM Aqua Step - Danette	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	5:00 - 5:30 PM Aqua Abs - Danette	5:30 - 6:30 PM Aqua Fit - Marie		
	6:45 - 7:45 PM Aqua Bike - Danette/Diane	5:30 - 6:30 PM Aqua Mix - Danette	6:45 - 7:45 PM Aqua Bike - Marie		