



**THE SPA FITNESS & WELLNESS CENTER**  
**910-484-2111 WWW.THESPAFITNESSCENTER.COM**  
**Eutaw Schedule January 2019**

**MORNING CLASSES**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 - 6:00 AM Strong- Eric	5:15 - 6:00 AM Sculpt - Kim G	5:15 - 6:00 AM Pilates Stretch - Kim G	5:15 - 6:00 AM Sculpt - Kim G	5:15 - 6:00 AM Yoga—Emelia	8:15-9:15 AM Senior Yoga - Sally	2:00-3:00 <b>Body Pump</b> 6th Nancy 20th Nancy  3:00-4:00 <b>Body Combat</b> 6th Nancy 20th Nancy
6:00 - 7:00 AM Spin - Kim R	6:00 - 6:30 AM Cardio express Kim G	6:00 - 6:45AM Spin - Kim G	6:00 - 6:30 AM Cardio express Kim G	6:00 - 7:00 AM Spin—Marabel	<b>9:30 - 10:30 AM - Spin</b> <b>5th Delia</b> <b>12th Chantel</b> <b>19th Kim R</b> <b>26th Chantel</b>	
8:30 - 9:30 AM Yoga - April	8:30 - 9:30 AM Zumba - Cesar	8:30 - 9:30 AM Yoga - Chrissy	8:30 - 9:30 AM Zumba - Eric	9:00 - 10:00 AM Body Pump - Nancy		
9:30 - 10:30 AM Body Pump - Chantel	9:30 - 10:30 AM Spin - Karen	9:30 - 10:30AM SBZ - Eric	9:30 - 10:30 AM Spin - Jennifer	10:00 - 11:00 AM Body Combat - Nancy	<b>10:30 - 11:30</b> <b>5st Zumba - Jonathan</b> <b>12th Body Pump - Chantel</b> <b>19th Glute Camp - Kristin</b> <b>26th Body Pump - Chantel</b>	
10:30 - 11:30 AM Body Combat— Chantel	10:30 - 11:15 AM Glut/Core Kristin/Karen	10:30 - 11:30 AM Body Pump - Maribel	10:30 - 11:15 AM PiYo—Danette	11:00 - 12:00 PM Yoga -Chrissy		
11:30 - 12:30 PM Barre - Cynthia	11:15 - 12:10 PM Senior Circuit w/ Danette	11:30 - 12:30 PM Centergy Maribel	11:15 - 12:10 PM Senior Circuit w/ Danette			

**AFTERNOON/EVENING CLASSES**

Monday	Tuesday	Wednesday	Thursday	Friday	
	12:15 - 1:00 PM Yoga - Sally	4:30 - 5:00PM Spin Express - Kim R	12:15 - 1:00 PM Yoga - Sally	5:00 - 5:45 PM Body Pump - Chantel	
5:00 - 6:00 PM Body Pump - Jackie	5:00 - 6:00 PM Yoga - April	5:00 - 6:00 PM Body Pump - Nancy	5:00 - 6:00 PM Pilates - Tiffany	5:45 - 6:15 Spin Express - Chantel	
6:00 - 7:00 PM Spin - Gail	6:00 - 7:00 PM Spin - Nick	6:00 - 7:00 PM Body Combat - Nancy	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 Intermediate Yoga - Emelia	7:00 - 8:00 PM Zumba - Jonathon		

**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 12th</b> <b>9:00 - 9:45 Aqua Strong</b> <b>9:45 - 10:30 Aqua Step and Tone</b> <b>With Henrietta</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	
	10:00 - 11:00 AM Aqua Pilates/Ai Chi - Danette		10:00 - 11:00 AM Aqua Step and Tone - Diane		
5:30 - 6:15PM Aqua Step - Diane	5:30 - 6:15PM Aqua Strong—Henrietta	5:30- 6:15 PM Aqua Step/ Abs- Danette	5:30 - 6:15 PM Aqua Fit - Katie		
6:15 - 7:00PM Aqua Bootcamp - Diane	6:15 - 7:00 PM Aqua Step and Tone—Henrietta	6:15- 7:00 PM Aqua Mix - Danette	6:15 - 7:00 PM Aqua Bike - Katie		