

FITNESS SCHEDULE

SEPTEMBER 2019 (Morning)

Dawn Morrison, Director of Group Fitness

 dawn.morrison@clubcorp.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00a - 9:00a YOGA (A) Sonya	6:00a - 7:00a VIRTUAL YOGA Studio A	5:30a - 6:15a VIRTUAL CYCLE Spin Studio	6:00a - 7:00a VIRTUAL YOGA Studio A	8:00a - 8:25a EXPRESS ABS (B) Lynn Anne	7:00a - 8:00a VIRTUAL P90X Studio B
8:00a - 9:00a *GAME CHANGER (B) Coach Diane/Jamie	8:30a - 9:20a INT/ADVANCED PILATES (A) Annette	8:00a - 9:00a YOGA (A) Sonya	8:00a - 9:00a *GAME CHANGER (A) Coach Diane/Jamie	8:30a - 9:00a *GOLFER'S STRETCH (A) Coach Diane/Jamie	8:30a - 9:25a POWER CYCLE (C) Lynn Anne/Susan
8:30a - 9:00a EXPRESS CYCLE (C) Tricia	8:30a - 9:00a EXPRESS CYCLE (C) Trich	8:30a - 9:00a EXPRESS STRENGTH (B) Trich	9:00a - 9:30a EXPRESS CYCLE (C) Tricia	8:30a - 9:00a EXPRESS CYCLE (C) Lynn Anne	9:10a - 10:00a *AQUA WAVES (P) Lisa G
9:00a - 10:00a CIRCUIT MAX (B) Tricia	9:00a - 9:30a EXPRESS CYCLE (C) Trich	9:00a - 9:30a EXPRESS CYCLE (C) Trich	9:00a - 10:00a PILATES (A) Dawn	8:30a - 9:00a EXPRESS STEP (B) Yi	9:30a - 10:30a *POWER BARRE (B) Lynn Anne (9/7, 9/21)
9:00a - 9:30a EXPRESS ZUMBA (A) Lisa S	9:30a - 10:00a EXPRESS TONE (B) Trich	9:00a - 9:30a EXPRESS ZUMBA® (A) Christina	9:10a - 10:00a *AQUA FIT (P) Lisa B	9:00a - 9:30a EXPRESS SCULPT (B) Yi	10:00a - 11:00a INTERMEDIATE YOGA (A) Jenn
9:10a - 10:00a *AQUA FIT (P) Lisa B	9:30a - 10:00a *EXPRESS AQUA TABATA (P) Annette	9:00a - 9:30a EXPRESS HIIT (B) Yi	9:30a - 10:30a CIRCUIT MAX (B) Tricia	9:10a - 10:00a *AQUA FLOW (P) Dawn	11:00a - 12:00p 50+ TOTAL FIT (B) Lisa G
9:30a - 10:00a EXPRESS SCULPT (A) Lisa S	10:00a - 10:30a EXPRESS CARDIO SCULPT (B) Dawn	9:30a - 10:00a EXPRESS SCULPT (B) Yi	11:00a - 12:00p 50+ TOTAL FIT (A) Dawn/Lisa B	9:30a - 10:30a YOGA MIX (B) Yi	12:00p - 7:00p OPEN VIRTUAL All Studios
10:00a - 10:30a ABS/CORE & MORE (A) Dawn	11:00a - 12:00p VIRTUAL CYCLE Spin Studio	9:30a - 10:00a CROSS TRAINING (A) Christina	11:00a - 12:00p VIRTUAL CYCLE Spin Studio	9:30a - 10:30a *POWER BARRE (A) Lynn Anne	
10:30a - 11:00a STRETCH/FLEXIBILITY (A) Dawn	12:30p - 1:30p VIRTUAL OLE FIT Studio A	10:00a - 11:00a *POWER BARRE (B) Lynn Anne	12:30p - 1:30p VIRTUAL SALSA Studio A	12:15p - 1:15p *ADULT GOLF FITNESS (B) Jamie	
11:00a - 12:00p 50+ TOTAL FIT (A) Dawn/Lisa B		10:30a - 11:00a VIRTUAL CYCLE Spin Studio			
12:15p - 1:15p *ADULT GOLF FITNESS (B) Jamie		11:00a - 12:00p 50+ TOTAL FIT (A) Lisa G			
					SUNDAY
					7:00a - 7:00p OPEN VIRTUAL All Studios

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*INDICATES SUPPLEMENTAL FEE

FITNESS SCHEDULE

SEPTEMBER 2019 (Evening)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30p - 5:15p *KIDS YOGA (B) Tonika	4:30p - 5:30p *HIGH SCHOOL BOOT CAMP (B) Jordan	1:30p - 7:30p OPEN VIRTUAL Studio A	4:30p - 5:15p *2-4 YR OLD DANCE (A) Tonika	1:30p - 7:00p OPEN VIRTUAL All Studios	12:00p - 7:00p OPEN VIRTUAL All Studios
5:15p - 6:00p *STRONG/FIT KIDS (B) Tonika	5:30p - 6:00p VIRTUAL PILOXING Studio A	6:00p - 6:30p VIRTUAL CYCLE Spin Studio	5:15p - 5:55p *KIDS HIP HOP (A) Tonika		SUNDAY
5:30p - 6:30p VIRTUAL SCULPT Studio A	5:30p - 6:30p VIRTUAL CARDIO Studio B	6:00p - 6:30p LOW IMPACT CARDIO (B) Lisa G	5:30p - 6:30p *ADULT GOLF FITNESS (B) Jamie	SPECIAL NOTES: <ul style="list-style-type: none"> • <i>Saturday, August 31st</i> - No LIVE group fitness classes. • <i>Revised Hours of Operation for Labor Day, Monday, September 2nd</i> <ul style="list-style-type: none"> • Sports Club: 7:00a - 2:00p • Kids Club: CLOSED • No LIVE group fitness classes. • <i>Saturday, September 14th 10:00a-2:00p</i> - 2nd Anniversary Celebration! Join us for cake and fun activities! • <i>Sunday, September 29th</i> - Inversion Workshop with Jenn B. Email dawn.morrison@clubcorp.com to register. • Aqua Fitness & Barre Combined Class Pass - \$20/month unlimited classes or \$5/class drop-in. Email dawn.morrison@clubcorp.com for more information. • Special Events at the Sports Club This Month <ul style="list-style-type: none"> • Aerial Yoga Parties • Ballroom Dance Fall Fling • Belly Dancing - Ladies Night Out Email dawn.morrison@clubcorp.com. 	7:00a - 7:00p OPEN VIRTUAL All Studios
6:00p - 6:30p EXPRESS HIIT (B) Tonika	6:30p - 7:30p VIRTUAL SCULPT Studio B	6:30p - 7:00p EXPRESS TONE (B) Lisa G	5:30p - 6:30p VIRTUAL CYCLE Spin Studio		
6:00p - 6:45p CYCLE (C) Lynn Anne	6:30p - 7:30p VIRTUAL PIYO Studio A	7:30p - 8:30p VIRTUAL YOGA Studio A	6:00p - 6:30p CARDIO SCULPT (A) Tonika		
6:30p - 8:00p *JUNIOR GOLF FIT (A) Coach Chris	7:00p - 8:00p VIRTUAL CYCLE Spin Studio		6:30p - 8:00p *JUNIOR GOLF FIT (A) Coach Chris		
6:45p - 7:30p *POWER BARRE (B) Lynn Anne			6:45p - 7:45p *GAME CHANGER 2 (B) Coach Diane/Jamie		
7:45p - 8:45p VIRTUAL YOGA Studio B					

KEY
(A) - Studio A
(B) - Studio B
(C) - Spin Studio
(G) - Gym Floor
(P) - Pool
Wexer Virtual

COLOR KEY:

*AQUA FITNESS

*BARRE

*GOLF FITNESS

*KIDS CLASSES

*TEAM TRAINING

SPORTS CLUB HOURS

Monday-Thursday: 5:00a-9:00p; Friday: 5:00a-7:00p
 Saturday-Sunday: 7:00a-7:00p

KIDS CLUB HOURS

Monday-Thursday: 8:30a-11:30a & 5:00p-7:30p
 Friday-Saturday: 8:30a-11:30a; Sunday: Closed

QUESTIONS REGARDING...

- *Adult Golf Fitness?* Contact jamie@jamiearion.com
- *Junior Golf Fitness?* Contact golfcoachchris@gmail.com
- *Kids dance/yoga, fitness classes?* Contact dawn.morrison@clubcorp.com
- *Personal training or Team training?* Contact jeff.damon@clubcorp.com

