

Group Exercise

SOUTH POINTE FITNESS CLUB

GROUP EXERCISE CLASS SCHEDULE

WEEKLY BREAKDOWN BY DAY & TIME

Last Updated 1/1/12

Check our cycle schedule for more classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Check out our boot camp classes!!	5:15-6:15am Stay Strong. Linda		5:15-6:15am Stay Strong. Linda		8:00-9:00am Yoga Nancy	Funday Sunday*
9:00-10:00am ZUMBA Jaye	9:30-10:30am ZUMBA Gold Anita	9:00-10:00am Stay Strong. Heather	9:30-10:30am Gentle Yoga Nancy	9:00-10:00am Kick Boxing Heather	9:00-10:00am ZUMBA Kelsey	
10:00-11:00am Skinny Jeans Nicole	10:30-11:30am Stay Strong. Lisa	10:00-11:00am Yoga Heather	10:30-11:30am Stay Strong. Heather/Lisa		10:00-11:00am Stay Strong. Kathy	
11:00-11:30am Fit Kids Nicole				4:00-4:30pm ZUMBA -tomic Jaye	"Funday Sunday"* Funday Sunday is our way of offering different classes each week for the summer. We like to stir things up a bit and keep it exciting to workout. You will have an opportunity to sample something different each week. ALL CLASSES BEGIN AT 9AM!	
4:30-5:30pm ZUMBA Daphney	4:30-5:30pm Stay Strong. Kathy	4:30-5:30pm Skinny Jeans Heather	4:30-5:30pm Stay Strong. Lisa	4:30-5:30pm ZUMBA Jaye		
5:30-6:00pm Awesome Abs Kathy	5:30-6:30pm ZUMBA Daphney	5:30-6:30pm Step Heather	5:30-6:30pm Kick Boxing Kathy	5:30-6:30pm Yoga Teresa	Check out the schedule at the club weekly on our group exercise board. All classes begin at 9am unless otherwise noted at the club.	
6:00-7:00pm Kick Boxing John	6:30-7:30pm Skinny Jeans Carolyn	6:30-7:30pm Yoga Laura	6:30-7:30pm ZUMBA Nicole			
7:00-8:00pm Yoga Kathy		ASK ABOUT KARATE!			GET TO THE POINTE. South Pointe Fitness Club	

* Check our Group Exercise board at the club for substitute teachers and changes.