

The Speedway Club Group Exercise Schedule



December 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>31 December</p> <p>9:30am Sculpt-n-Tone (Melinda)</p> <p>12:15pm Spin (Adele)</p> <p>Club is OPEN 6am – 2pm</p>					<p>1</p> <p>9am Spin (Karen)</p> <p>10am Yoga (Karen)</p>
<p>3</p> <p>9:30am Sculpt-n-Tone (Tenneil)</p> <p>12:15pm Spin (Tenneil)</p> <p>6pm Member's Choice (Carol)</p>	<p>4</p> <p>6am Spin (Adele)</p> <p>9am C.S.I. (Laurie)</p> <p>12pm Station Rotation (Tenneil)</p> <p>545pm Spin (Karen)</p> <p>630pm Yoga (Karen)</p>	<p>5</p> <p>6am Sculpt-n-Tone (Tenneil)</p> <p>9:30am Circuit Spin (Karen)</p> <p>12:15pm Spin (Carol)</p>	<p>6</p> <p>6am Cycle Barre (Karen)</p> <p>9:30am Yoga (Karen)</p> <p>12pm Sculpt –n-Tone (Carol)</p>	<p>7</p> <p>6am Yoga (Jenn)</p> <p>9:30am Yoga (Karen)</p> <p>12:15pm Spin (Karen)</p>	<p>8</p> <p>9am Spin (Carol)</p>
<p>10</p> <p>9:30am Sculpt-n-Tone (Melinda)</p> <p>12:15pm Spin (Tenneil)</p> <p>6pm Member's Choice (Carol)</p>	<p>11</p> <p>6am Spin (Adele)</p> <p>9am C.S.I. (Laurie)</p> <p>12pm Station Rotation (Tenneil)</p> <p>545pm Spin (Karen)</p> <p>630pm Yoga (Karen)</p>	<p>12</p> <p>6am Sculpt-n-Tone (Tenneil)</p> <p>9:30am Circuit Spin (Karen)</p> <p>12:15pm Spin (Carol)</p> <p>Closed at 6pm for Company Christmas!</p>	<p>13</p> <p>6am Cycle Barre (Karen)</p> <p>9:30am Yoga (Karen)</p> <p>12pm Sculpt –n-Tone (Tenneil)</p>	<p>14</p> <p>6am Yoga (Tenneil)</p> <p>9:30am Yoga (Tenneil)</p> <p>12:15pm Spin (Tenneil)</p>	<p>15</p> <p>9am Spin (Tenneil)</p> <p>10am Yoga (Tenneil)</p>
<p>17</p> <p>9:30am Sculpt-n-Tone (Melinda)</p> <p>12:15pm Spin (Tenneil)</p> <p>6pm Member's Choice (Carol)</p>	<p>18</p> <p>6am Spin (Adele)</p> <p>9am C.S.I. (Laurie)</p> <p>12pm Station Rotation (Tenneil)</p> <p>545pm Spin (Karen)</p> <p>630pm Yoga (Karen)</p>	<p>19</p> <p>6am Sculpt-n-Tone (Tenneil)</p> <p>9:30am Circuit Spin (Karen)</p> <p>12:15pm Spin (Carol)</p>	<p>20</p> <p>6am Cycle Barre (Karen)</p> <p>9:30am Yoga (Karen)</p> <p>12pm Sculpt –n-Tone (Tenneil)</p>	<p>21</p> <p>6am Yoga (Tenneil)</p> <p>9:30am Yoga (Tenneil)</p> <p>12:15pm Spin (Tenneil)</p>	<p>22</p> <p>9am Spin (Carol)</p>
<p>24</p> <p>Closed for Christmas Break!</p>	<p>25</p> <p>Closed for Christmas Break!</p>	<p>26</p> <p>Closed for Christmas Break!</p>	<p>27</p> <p>6am Cycle Barre (???)</p> <p>9:30am Yoga (Adele)</p> <p>12pm Sculpt –n-Tone (Carol)</p> <p>Club is OPEN 6am – 2pm</p>	<p>28</p> <p>6am Yoga (Adele)</p> <p>9:30am Yoga (Adele)</p> <p>12:15pm Spin (Adele)</p> <p>Club is OPEN 6am – 2pm</p>	<p>29</p> <p>9am Spin (Adele)</p> <p>Club is OPEN 8am – 2pm</p>

Group Exercise Class Descriptions

Barre – This is a fusion of Pilates, Yoga, and ballet barre moves. It will build endurance and strength in core, deep muscles, and stabilizers while increasing balance and tone.

C.S.I. (Cardio Strength Intervals) – 50 minutes- In this class, cardio and strength are combined for a total body shaping, high calorie burn. Come ready to sweat!

Circuit Spin – 50 minutes- Spin for 20 minutes and then hop off the bike for some body weight floor exercises that will keep your heart rate up and build strength. Finish on the bike. Challenging and fun!

Cycle Barre – 60 minutes- Start off with 30 minutes of Spin and end with 30 minutes of Barre! Great for the heart and strengthening the core.

Member's Choice – 50 minutes- This class will be up to you, the member! I could be Spin, Sculpt, Step, etc. It's your choice! Make it fun!

Sculpt-n-Tone – 50 minutes- This class will sculpt your body from top to bottom using many different tools and exercises.

Spin – 45 minutes- This class is on the Spin Bikes. It is a high-calorie burning cardio workout!

Spin & CORE – 50 minutes- Spin for 40 minutes and then move to CORE exercises and Stretching for 10 minutes.

Station Rotation – 50 minutes- This class will include stations alternating between strength and cardio. Each rotation will be 1 minute before switching. Great total body workout! Lots of sweat and fun!

Step-n-Sculpt – 50 minutes- Using the step benches, this class will get your heart pumping with step moves and sculpting. Try it, your body will love it!

Yoga – 50 minutes- A system of exercises practiced as part of this discipline to promote control of body and mind. This class emphasizes posture, flexibility, breathing methods and relaxation.

Hours of Operation

Monday – Friday 5:30am – 8:00pm

Saturday 8:00am – 2:00pm

(Hours subject to change during Holidays and Major Events and are to be determined by The Speedway Club Management)

Health Club/Spa Contacts

Health Club & Spa Manager	Kristal Fanning	817-215-8469
Front Desk & Spa Appointments	Mary - Jamie - Ellie	817-215-8460
Trainers Desk & Group Exercise	Tenneil Davis	817-215-8471
Little Legends Nursery	Kenzie - Jamie	817-215-8460