

# Group Exercise Schedule



# January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 <b><u>Closed</u></b></p> <p><i>New Year's Day</i></p> <p><b>Happy New Year!!</b></p>	<p>2</p> <p><b>6a</b> Sculpt-n-Tone <i>Janet</i></p> <p><b>9:30a</b> Yoga <i>Jenn</i></p> <p><b>12p</b> Cycle Barre <i>Karen</i></p>	<p>3</p> <p><b>6a</b> Cycle Barre <i>Karen</i></p> <p><b>9:30a</b> Circuit Spin <i>Jenn</i></p> <p><b>12p</b> Sculpt-n-Tone <i>Jenn</i></p>	<p>4</p> <p><b>9:30a</b> Yoga <i>Jenn</i></p> <p><b>12p</b> Spin-n-Core <i>Jenn</i></p>	<p>5</p> <p><b>8a</b> Spin <i>Jenn</i></p> <p><b>9a</b> Yoga <i>Jenn</i></p>
<p>7</p> <p><b>9:30a</b> Sculpt-n-Tone <i>Jenn</i></p> <p><b>12p</b> Spin <i>Melinda</i></p> <p><b>6p</b> Spin-n-Core <i>Carol</i></p>	<p>8</p> <p><b>6a</b> Spin <i>Adele</i></p> <p><b>9a</b> Tread Strong <i>Laurie</i></p> <p><b>12p</b> Station Rotation <i>Amanda</i></p>	<p>9</p> <p><b>6a</b> Sculpt-n-Tone <i>Tenneil</i></p> <p><b>9:30a</b> Yoga <i>Janet</i></p> <p><b>12p</b> Cycle Barre <i>Karen</i></p> <p><b>6p</b> Spin-n-Sculpt <i>Carol</i></p>	<p>10</p> <p><b>6a</b> Cycle Barre <i>Karen</i></p> <p><b>9:30a</b> Circuit Spin <i>Amanda</i></p> <p><b>12p</b> Sculpt-n-Tone <i>Amanda</i></p>	<p>11</p> <p><b>6a</b> Yoga <i>Tenneil</i></p> <p><b>9:30a</b> Yoga <i>Tenneil</i></p> <p><b>12p</b> Spin-n-Core <i>Tenneil</i></p>	<p>12</p> <p><b>8a</b> Spin <i>Carol</i></p>
<p>14</p> <p><b>9:30a</b> Sculpt-n-Tone <i>Jenn</i></p> <p><b>12p</b> Spin <i>Melinda</i></p> <p><b>6p</b> Spin-n-Core <i>Carol</i></p>	<p>15</p> <p><b>6a</b> Spin <i>Adele</i></p> <p><b>9a</b> Tread Strong <i>Laurie</i></p> <p><b>12p</b> Station Rotation <i>Amanda</i></p> <p><b>5:45p</b> Spin <i>Karen</i></p> <p><b>6:30p</b> Yoga <i>Karen</i></p>	<p>16</p> <p><b>6a</b> Sculpt-n-Tone <i>Tenneil</i></p> <p><b>9:30a</b> Yoga <i>Janet</i></p> <p><b>12p</b> Cycle Barre <i>Karen</i></p>	<p>17</p> <p><b>6a</b> Cycle Barre <i>Karen</i></p> <p><b>9:30a</b> Circuit Spin <i>Amanda</i></p> <p><b>12p</b> Sculpt-n-Tone <i>Amanda</i></p>	<p>18</p> <p><b>6a</b> Yoga <i>Tenneil</i></p> <p><b>9:30a</b> Yoga <i>Tenneil</i></p> <p><b>12p</b> Spin-n-Core <i>Tenneil</i></p>	<p>19</p> <p><b>8a</b> Spin <i>Karen</i></p> <p><b>9a</b> Yoga Barre <i>Karen</i></p>
<p>21</p> <p><b>9:30a</b> Sculpt-n-Tone <i>Jenn</i></p> <p><b>12p</b> Spin <i>Melinda</i></p> <p><b>6p</b> Spin-n-Core <i>Carol</i></p>	<p>22</p> <p><b>6a</b> Spin <i>Adele</i></p> <p><b>9a</b> Tread Strong <i>Laurie</i></p> <p><b>12p</b> Station Rotation <i>Amanda</i></p>	<p>23</p> <p><b>6a</b> Sculpt-n-Tone <i>Tenneil</i></p> <p><b>9:30a</b> Yoga <i>Janet</i></p> <p><b>12p</b> Cycle Barre <i>Karen</i></p> <p><b>6p</b> Sculpt-n-Tone <i>Carol</i></p>	<p>24</p> <p><b>6a</b> Cycle Barre <i>Karen</i></p> <p><b>9:30a</b> Circuit Spin <i>Amanda</i></p> <p><b>12p</b> Sculpt-n-Tone <i>Amanda</i></p>	<p>25</p> <p><b>6a</b> Yoga <i>Tenneil</i></p> <p><b>9:30a</b> Yoga <i>Tenneil</i></p> <p><b>12p</b> Spin-n-Core <i>Tenneil</i></p>	<p>26</p> <p><b>8a</b> Spin <i>Tenneil</i></p>
<p>28</p> <p><b>9:30a</b> Sculpt-n-Tone <i>Jenn</i></p> <p><b>12p</b> Spin <i>Melinda</i></p> <p><b>6p</b> Spin-n-Core <i>Carol</i></p>	<p>29</p> <p><b>6a</b> Spin <i>Adele</i></p> <p><b>9a</b> Tread Strong <i>Laurie</i></p> <p><b>12p</b> Station Rotation <i>Amanda</i></p> <p><b>5:45p</b> Spin <i>Karen</i></p> <p><b>6:30p</b> Yoga <i>Karen</i></p>	<p>30</p> <p><b>6a</b> Sculpt-n-Tone <i>Tenneil</i></p> <p><b>9:30a</b> Yoga <i>Janet</i></p> <p><b>12p</b> Cycle Barre <i>Karen</i></p>	<p>31</p> <p><b>6a</b> Cycle Barre <i>Karen</i></p> <p><b>9:30a</b> Circuit Spin <i>Amanda</i></p> <p><b>12p</b> Sculpt-n-Tone <i>Amanda</i></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.

**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.

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

**Spin-n-Sculpt** – 50 minutes- Using the spin bikes, this class will get your heart pumping with cardio and sculpting. Try it, your body will love it!

**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!

**Tread Strong** – 50 minutes- In this class, treadmill intervals and strength are combined for a total body shaping, high calorie burn. Come ready to sweat!

**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