



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6a Yoga <i>Tenneil</i> 9:30a Yoga <i>Tenneil</i> 12p Spin-n-Core <i>Tenneil</i>	2 8a Spin <i>Jenn</i> 9a Yoga <i>Jenn</i>
4 9:30a Sculpt-n-Tone <i>Jenn</i> 12p Spin <i>Melinda</i> 6p Spin-n-Core <i>Carol</i>	5 6a Spin <i>Janet</i> 9a Tread Strong <i>Laurie</i> 12p Tabata Bootcamp <i>Amanda</i> 5p Barre <i>Karen</i> 5:45p Spin <i>Karen</i> 6:30p Yoga <i>Karen</i>	6 6a Sculpt-n-Tone <i>Tenneil</i> 9:30a Yoga <i>Janet</i> 12p Cycle Barre <i>Karen</i> 6p Spin-n-Sculpt <i>Carol</i>	7 6a Cycle Barre <i>Karen</i> 9:30a Modified Stations <i>Amanda</i> 12p Tabata Bootcamp <i>Amanda</i>	8 6a Yoga <i>Tenneil</i> 9:30a Yoga <i>Tenneil</i> 12p Spin-n-Core <i>Tenneil</i>	9 8a Cycle Barre <i>Karen</i> 9a Yoga <i>Karen</i>
11 9:30a Sculpt-n-Tone <i>Karen</i> 12p Spin <i>Melinda</i> 6p Spin-n-Core <i>Carol</i>	12 6a Spin <i>Adele</i> 9a Tread Strong <i>Laurie</i> 12p Tabata Bootcamp <i>Amanda</i> 5p Barre <i>Karen</i> 5:45p Spin <i>Karen</i> 6:30p Yoga <i>Karen</i>	13 6a Sculpt-n-Tone <i>Karen</i> 9:30a Yoga <i>Janet</i> 12p Cycle Barre <i>Karen</i>	14 6a Cycle Barre <i>Karen</i> 9:30a Modified Stations <i>Amanda</i> 12p Tabata Bootcamp <i>Amanda</i>	15 6a Yoga <i>Adele</i> 9:30a Yoga <i>Karen</i> 12p Spin-n-Core <i>Karen</i>	16 8a Spin <i>Adele</i>
18 9:30a Sculpt-n-Tone <i>Jenn</i> 12p Spin <i>Melinda</i> 6p Spin-n-Core <i>Carol</i>	19 6a Spin <i>Adele</i> 9a Tread Strong <i>Laurie</i> 12p Tabata Bootcamp <i>Amanda</i> 5p Barre <i>Karen</i> 5:45p Spin <i>Karen</i> 6:30p Yoga <i>Karen</i>	20 6a Sculpt-n-Tone <i>Tenneil</i> 9:30a Yoga <i>Janet</i> 12p Cycle Barre <i>Karen</i> 6p Spin-n-Sculpt <i>Carol</i>	21 6a Cycle Barre <i>Karen</i> 9:30a Modified Stations <i>Amanda</i> 12p Tabata Bootcamp <i>Amanda</i>	22 6a Yoga <i>Jenn</i> 9:30a Yoga <i>Jenn</i> 12p Spin-n-Core <i>Jenn</i>	23 8a Spin <i>Carol</i>
25 9:30a Sculpt-n-Tone <i>Jenn</i> 12p Spin <i>Melinda</i> 6p Spin-n-Core <i>Carol</i>	26 6a Spin <i>Adele</i> 9a Tread Strong <i>Laurie</i> 12p Tabata Bootcamp <i>Amanda</i> 5p Barre <i>Karen</i> 5:45p Spin <i>Karen</i> 6:30p Yoga <i>Karen</i>	27 6a Sculpt-n-Tone <i>Tenneil</i> 9:30a Yoga <i>Janet</i> 12p Cycle Barre <i>Karen</i>	28 RACE DAY 6a Cycle Barre <i>Karen</i> 9:30a Modified Stations <i>Amanda</i> 12p Tabata Bootcamp <i>Amanda</i>	29 RACE DAY 6a Yoga <i>Tenneil</i> 9:30a Yoga <i>Tenneil</i> 12p Spin-n-Core <i>Tenneil</i>	30 RACE DAY 9a Yoga <i>Tenneil</i>

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.

Modified Stations– 50 minutes- This class will include stations alternating between strength and cardio. Each station will be modified for each class participant. Great total body workout! Lots of sweat and 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-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!

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	Kayla - Jamie	817-215-8460