

Sports Academy South

Class Schedule

1.2.17

Monday

6:00	HIGH	Katie/Shelley
8:15	Pilates	Desi
9:15	3-2-1	Desi
5:15	HIIT	Makady

Tuesday

6:00	Athletic Conditioning	Rachelle
7:15	Cardio Spin	Rachelle
8:15	Body Blast	Rachelle
9:15	Switch	Monica
5:15	3-2-1	Desi
6:15	Flow Yoga	Kristie

Wednesday

6:00	REPs	Desi
8:15	Zumba	Sheila
9:15	REPs	Desi
5:15	ReMix	Kassie

Thursday

6:00	Athletic Conditioning	Rachelle
7:15	Spin	Rachelle
9:15	Flow Yoga	Kristie
10:15	Zumba	Sheila
5:15	High	Shelley
6:15	Asana Yoga	Shelley

Friday

6:00	HIIT	Desi
9:15	PiYo	Desi

Class Descriptions

Asana Yoga- a class with the focus on the asana (poses). The results will be strength and stamina in an easy to follow flow.

Body Blast -You will be challenged by the moves, the process, and timing. This is the class if you'd like to see and feel results.

Cardio Spin- a heart bumping, sweat creating workout on the spin bikes. Each workout is up to the instructor to create

HIIT- enjoy a variety of styles from tabata to HIIT, you will be pushed into shape with this class

Flow Yoga- a vinyasa style class that focuses on strength and stretching.

Pilates- an intense mat workout that stretches muscles while increasing strength

PiYo- Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga

Remix- Kickboxing with a choreography flair that you've never seen before, created by a SARC instructor. This is a calorie burning work out that is easy and fun to follow but there is a challenge with weights and endurance.

REPs A body sculpting class that counts! High repetitions of weight resistance will burn out your muscles and show results.

Switch Experience every style of aerobics from pilates to tabata, each song is a different focus and then you switch

Zumba- Join the Party! Latin dancing and great music combine for an hour long cardio experience.

3-2-1- a great interval workout that separates cardio toning and core work in three, two and one minute intervals