

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	6:00 am Spin <i>Liz</i>	6:00 am Circuit Training <i>Eduardo</i>	6:00 am Spin <i>Karen/Pam</i>	6:00 am Circuit Training <i>Eduardo</i>			
	7:30 am Power Pilates <i>Joanie</i>	7:30 am Spin <i>Terri</i>	7:30 am Yoga/Stretch <i>Deborah F.</i>	7:30 am Spin & Abs <i>Joanie</i>	7:30 am Power Pilates <i>Jude</i>	7:30 am Yoga <i>Rotate</i>	
	8:30 am Abs, Arms & Assets <i>Joanie</i>	8:30 am Yoga <i>Laura</i>	8:30 am Total Body Fitness <i>Joanie</i>	8:30 am Barre <i>Gretchen</i>	8:30 am Train for Life <i>Rebecca F.</i>	8:30 am Total Body Fit <i>Rotate</i>	
Mid Morning	9:00 am Spin <i>Debbie</i>		9:00 am Spin & Yoga <i>Debbie</i>		9:00 am Spin & Abs <i>Joanie</i>		9:00 am Spin <i>Rotate</i>
							9:00 am BootCamp+ <i>Emily/Joanie</i>
	9:30 am Clubbin' Cardio <i>Brian/Kathryn</i>	9:30 am -Senior Solutions (court 1) 9:30 am Group Power <i>Laura</i> 9:30am TRX <i>Joanie \$\$</i>	9:30 am Cardio Kick <i>Eduardo</i>	9:30 am – Senior Solutions (court 1) 9:30 am Group Power <i>Debbie</i>	9:30 am Resist-a-Ball <i>Debbie</i>	9:30 am Group Power <i>Rotate</i>	
			10:15 am TRX <i>Cynthia \$\$</i>		10:15 am TRX <i>Joanie \$\$</i>		
	10:30 am Yoga <i>Wendy</i>	10:30 am Zumba <i>Susan</i>	10:30 am Barre <i>Kathryn</i>	10:30 am Yoga <i>Jeanine B.</i>	10:30 am Yoga <i>Nanette</i>	10:30 am Clubbin' Cardio <i>Brian</i>	10:15 am Yoga <i>Stephanie</i>
Noon					12:30 pm Group Power <i>Jude</i>		
Late Afternoon			4:30 pm STRONG <i>Eduardo</i>				
Evening	5:30 pm Cardio Kick Blast <i>Eduardo</i>	5:30 pm Zumba <i>Eduardo</i>	5:30 pm HITT & Kettle Bells <i>Mark</i>	5:30 pm Barre <i>Kathryn</i>	5:00 pm Boot Camp <i>Emily/Joanie</i>		
	5:30 pm Spin <i>Sandra</i>		5:30 pm Spin <i>Rotate</i>				
	6:30 pm Group Power <i>Mark</i>	6:30 pm Transformer <i>Emily</i>	6:30 pm Group Power <i>Elizabeth</i>	6:30 pm Transformer <i>Emily</i>			
	7:30 pm Yoga/Pilates Fusion <i>Pam</i>	7:30 pm Clubbin' Cardio <i>Brian</i>	7:30 pm Yoga Steph (spin room: 7:45-10:00 pm Happy Hour Practica (Argentine Tango)	7:30 pm Clubbin' Cardio <i>Brian</i>			

GROUP FITNESS CALENDAR: September 2017

Group Fitness Class Descriptions

Cardio Classes

Annapolis Argentine Tango Dance: (7:00-8:30 beginner class in small studio) 7:30-9:30 pm all levels welcome in studio 1. (S-call for additional information)

Boot Camp: Cardiovascular and muscular work using a variety of tools, skills and drills. Get back to basics and watch your progress!. Foundation of fitness suggested.

Cardio-Kick Blast: Get your cardio on in this Latin-inspired kickboxing class. Energetic and fun – you'll work your butt off!

Clubbin' Cardio: Jam to the hottest club sounds– the lights are down and the room is rockin'! Dancing mixed with squats and lunges – now that's a workout!

Fit-For-Life: Rebecca will get you ready to live your life strong and able to accomplish every day activities. Give this class a try and challenge yourself.

HITT: Ramp your cardio with this Club favorite High Intensity Interval Training. You've heard the HITT hype – now come and experience it!

Kettle Bells: Build strength in all the right places: lower back, hips, legs, shoulders, glutes – This class will get your heart pumping.

Spinning®: 50, 60, 75-minute classes that fuse the science of cycling with your passion to excel! Ride a variety of challenging experiences delivered on our state of the art Spinner Blade Ion® Power bikes. Check the Spin schedule for class times, formats and class length. Let's Ride!

STRONG® by ZUMBA – 60 minutes of high intensity interval workouts synced to music. Every move is to the beat and every beat has a move. Get ready to get your groove on!

Total Body Fitness: Get ready to get your heart pumping and your body sweating – anything goes in this class. A variety of equipment, creative formats. Each week is something different!

Transformer: Transform your body with functional exercises using partner, group and individual workouts. A high level class that is fun ,social and always challenging!. Foundation of fitness encouraged before attempting this class.

Zumba®: Move, groove and then move some more. High-energy dance choreography and music with teachers who know how to set the mood and break it down!

Strength/Core Classes

Arms, Abs, & Assets – Like the name suggests we work arms, core and lower body without a lot of cardio. Great class for beginners to advanced athletes. Go at your own pace.

Barre : Lower musculature sculpting! Light weights, matt work, Ballet Barre, gliding discs and micro-movements – a challenge like no other! All levels welcome.

Group Power®: Strengthen all major muscle groups in a 60-minute motivating group environment and watch your body transform. Music, weights, challenging routines kept fresh to keep your muscles guessing!

Power Pilates®: Develop balance, strength, healing through this classic, systemic, integrative approach to the exercises and principles created by Joseph Pilates.

Resist-a-Ball®: One stop shop! 20/20/20 cardio/strength/core using Resist-a-Balls, dumbbells, bands and/or body bars for a resistance and balance challenge!

Yoga: Start or deepen your Yoga practice with physical postures, breath and stretching while exploring Yoga philosophy. Build strength, flexibility and awareness.

Yoga Pilates Fusion: 60 minutes of two modalities seamlessly fused to benefit your body, mind and spirit. This class leaves you energized and peaceful.

Senior Solutions: These free workshops use weights, bands and stretching to increase range of motion, strength and improve overall balance. Every Tues. & Thurs at 9:30 am.

All Group Fitness Instructors are Nationally Certified Professionals and CPR/AED certified. SPRFC is an authorized Spinning® facility. Our Spin® instructors are Mad Dogg Athletics certified. Severna Park Racquetball and Fitness Club 8514 Veterans Highway, Millersville, MD 21108 410-987-0980. www.sprfc.com