

# MARTINSVILLE

\*Winter schedule\* Start 01/04/10

## TEST Sports Club Group Training Schedule

Hours: Mon-Thurs, 5:00 am - 10:00 pm; Friday, 5:00 am - 9 pm

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	IRON YOGA <i>Cheryl</i>	CORECAMP <i>Cheryl</i>	SPINNING <i>Marcela E</i>	INTERVALS <i>Cheryl</i>	SPINNING <i>Eileen</i>		
7:00 AM	SPINNING <i>Jim</i>		TOTAL BODY STRENGTH <i>Marcella M</i>				
7:30 AM						SPINNING <i>Alice</i>	
8:00 AM		**SP Total Body (Fitness Room) <i>Steve</i>					
8:30 AM	PILATES <i>Bonnie</i>	SPINNING <i>Alice</i>	OPEN SPINNING <i>George/Members</i>	ULTIMATE INTERVALS <i>Kristy</i>	PUMPING RUBBER **** <i>Marcella M</i>	HOUR OF POWER <i>Marcella M</i>	SPINNING <i>Marcia</i>
9:30 AM	POWER PLYO & PUMP <i>Donna</i>	FITMIXX **** <i>Cheryl</i>	PILATES <i>Bonnie</i>	TIGHTEN UP **** <i>Cheryl</i>	WILLPOWER/GRACE <i>Marcella M</i>	BODY SCULPTING <i>Marcella M</i>	STRONG CORE (30 minutes) <i>Tiffany</i>
10:00 AM							YOGA FLOW <i>Tiffany</i>
10:30 AM						**SP Cardio/Tone <i>Iwona</i>	
3:30 PM			**SP Cardio Blast <i>Iwona</i>				
6:00PM	YOGA **** (Start at 5:45pm) <i>Pat</i>	SPIN <i>Marcella M</i>	YOGA **** (Start at 5:45pm) <i>Mary</i>	BODY SCULPTING <i>Marcella M</i>	FITMIXX **** <i>Cheryl</i>		
7:00 PM	ZUMBA <i>Beverly</i>	BODY SCULPTING **** <i>Marcella M</i>	ROUNDS FOR POUNDS <i>Robert</i>	**SP Tone&Sculpt <i>Iwona</i>			
8:00 PM		**SP Yoga <i>Iwona</i>		**SP Yoga <i>Iwona</i>			

\*\*\*\* Group Training classes suggested for beginners

\*\* SP-Semi Private Training is fee based, please see front desk for pricing

\* Group Training classes run for 55 minutes unless otherwise noted

\* Group training classes and instructors are subject to change without notice

\* Group training classes availability is based on "first come first serve"