



PLAYERS CLUB
FITNESS CENTER

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Players Club Fitness Monthly

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Class Descriptions:

- Aqua Fit— One hour water aerobics class held in our indoor pool. This easy-on-the-joints class is a great mix of aerobic and strengthening exercises.
- Kick Box Sculpt— Get your heart pumping and get that beach body you have been looking for. Great cardio workout with target toning.
- Yoga— Stretch your mind body and spirit in our yoga classes. Several modifications are taught to make your experience as relaxed or as challenging as you like.
- Body Sculpt— Create definition throughout the body, using hand weights, barbells, and more.
- Pilates— If you are looking for long lean muscles, this mat based class will give it to you.
- Spin— Excellent cardio workout on our stationary spin bikes. Let our instructors guide you through this intense experience.
- Body Burn Interval— This class does it all; aerobic motion and targeted resistance .
- Hard Core Abs— Focus on that tricky area around the belt using various props and positions.
- Butts-n-Gutz— Just as it says, an hour long intensive workout for those “hard to reach” places.
- Boot Camp— It’s like having your own personal trainer. This class uses the entire gym and you may even find yourself heading outside. If you like a varied workout-this one is for you!
- Silver Sneakers— Chair based muscular strength and range of motions exercises for our healthy seniors.
- Zumba!-You’ve asked for it and it is here! Zumba combines high-energy music with unique moves and combinations. This Latin-based group exercise class is fun and easy to do. No dance experience required! Burn 300 to 900 calories in the hour!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am	Aqua Fit-Lois		Aqua Fit-Lois		Aqua Fit-Shannon	
8:45 am						Spin- Kim
9:00 am	Kick Box Sculpt-Kelly	Pilates- Lois	Butts-N-Gutz-Kelly	Pilates- Lois		
10:00 am	Yoga-Kelly	Yoga-Nannette	Yoga- Caroline		Yoga-Nannette	Yoga- Kelly
11:00 am		Silver Sneakers		Silver Sneakers		
4:30 pm			Hard Core Abs.- Lois			
5:00 pm	Body Sculpt-Lois B.		Body Burn Interval - Lois	Zumba!-Kathy		
5:30 pm		Zumba!-Kathi				
6:00 pm	Spin-Lila		Spin-Mary	Spin-Kathi		
6:30 pm		Boot Camp-Shawn		Boot Camp-Shawn		



Fitness Center Hours
 Monday—Friday 6:00 a.m. to 8:00 p.m.
 Saturday & Sunday 8:00 a.m. to 6:00 p.m.

Pool and Hot Tub Hours
 Monday—Friday 6:00 a.m. to 7:30 p.m.
 Saturday & Sunday 8:00 a.m. to 5:30 p.m.

Adult Lap Swim Only
 Monday to Friday 10:30 a.m. to 12:00 p.m.