



## Group Exercise Schedule

Phone: (843) 785-3024

www.playershealthclub.com

Club Hours: Monday-Friday 6 am – 9 pm

Saturday: 8 am – 8 pm

Sunday: 9 am – 8 pm

*The indoor pool closes 30 minutes before the gym!*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7:00 AM</b>	<b>Muscle Pump</b> (Tia)		<b>Pilates Sculpt</b> (Lois B)		<b>*Body Sculpting</b> (Tia)		
<b>9:00 AM</b>	<b>Cardio Kick</b> (Tia)	<b>Muscle Pump</b> (Angela)	<b>Cardio Mix</b> (Lois B)	<b>Intervals</b> (Tia)	<b>Butts &amp; Guts</b> (Kelly)	<b>8:30 am Cardio Mix</b> (Julie J)	
<b>10:15 AM</b>	<b>*Advanced Yoga</b> (Tracey)	<b>Core Strength</b> (Angela)	<b>*Advanced Yoga</b> (Tracey)	<b>Core Strength</b> (Tia)	<b>*Advanced Yoga</b> (Kelly)	<b>Yoga</b> (Jana)	
<b>11:30 AM</b>	<b>Silver Sneakers®</b> (Angela)		**Elite Sports Performance <b>\$20</b> (Jon) Limited to 12	<b>Silver Sneakers®</b> (Tia)	**Elite Sports Performance <b>\$20</b> (Jon) Limited to 12		
<b>5:15 PM</b>		<b>Hard Core Abs</b> (Lila)	<b>Hard Core Abs</b> (Tia)	<b>Hard Core Abs</b> (Kelly)			
<b>5:45 PM</b>	<b>Cardio Kick</b> (Karen B)	<b>Players Bootcamp</b> (Lila)	<b>Cardio Kick</b> (Tia)	<b>Muscle Pump</b> (Kelly)			
<b>7:00 PM</b>	<b>Private Karate</b>	<b>Yoga</b> (Kelly)	<b>Private Karate</b>		<b>Private Karate</b>		

Please feel free to enter a class even if you are running late, we would love to have you!

**\*ADVANCED**

**Aqua Aerobics classes are offered Mondays, Wednesdays & Fridays at 8:30 am!**

### **Cardio Mix**

Who knows what the instructor might do! But we guarantee a great cardio workout!!

### **Yoga**

Integrating ancient wisdom with 21<sup>st</sup> Century concepts, participants will let go of stress and fatigue through this process of synergistic movement. Let the music, postures and controlled breathing, balance your mind, body and soul. All levels welcome.

### **Cardio Kick**

In this class we combine martial arts movements and boxing with an aerobic workout. This fat shedding, calorie burning, total body workout is an explosive high-energy class that will keep you motivated and wanting more!

### **Hi/Lo Intervals**

A mix of cardio and weights that will challenge you to the max! Great for fat burning!

### **Core Strength**

Test your core strength in this class! Abs, Butt and Thighs! Tone and Strengthen!

### **Butts & Guts**

Enjoy the benefits of cardiovascular training in this class by working the entire body by focusing on the legs and core throughout the class. Even the 'front rowers' will be challenged beyond their expectations. No holds barred!

### **Hard Core Abs**

An AB-solutely fabulous 30 minute workout of abdominal and lower back exercises to sculpt your mid-section. Great for men & women!

### **Players Boot Camp**

Test your true level of strength and fitness with this demanding and intense style of exercise. A unique workout guaranteed to shape and firm.

### **Muscle Pump**

In this class, we use weights and work through all our major muscle groups. It is a strength and endurance training class where muscle and music collide.

### **Body Sculpting**

**Weights, bands, and tubes will be used in this class to increase muscle strength and endurance. Quick paced workout for more advanced participants!**

### **Pilates Sculpt**

**An early morning pilates and core workout.**

### **Yoga Stretch**

An hour of deep stretch poses that will help you to increase flexibility.

### **Elite Sport Performance**

For athletes who want a challenging workout with certified trainers. Agility, plyometrics, balance, coordination and endurance are all put to the test. (Additional charge- considered semi private training)

### **AQUA AEROBICS**

A fun, energetic class in the pool. This class is great for all ages and is easy on joints and muscles, while still providing a great cardiovascular workout.