



**Group Exercise Schedule**

**Phone: (843) 785-3024**

**www.playershealthclub.com**

Club Hours: Monday-Friday 6 am – 9 pm

Saturday: 8 am – 6 pm

Sunday: 9 am – 6 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><br>(Amber)     |                                       | <b>Step &amp; Sculpt</b><br>(Amber)    |                                      | <b>Body Sculpting</b><br>(Amber)   |  |                                   |
| <b>9:00 AM</b>  | <b>Cardio Kick</b><br>(Robin)     | <b>Muscle Pump</b><br>(Suzanne)       | <b>Cardio Party</b><br>(Kelly)         | <b>Strength &amp; Tone</b><br>(Alan) | <b>Cardio Mix</b><br>(Karen B)   | <b>8:30 am Cardio Mix</b><br>(Julie J) |                                   |
| <b>10:15 AM</b> | <b>*Advanced Yoga</b><br>(Alicen) | <b>Stretch &amp; Tone</b><br>(Tracey) | <b>*Advanced Yoga</b><br>(Tracey)      | <b>Pilates Core</b><br>(Rotates)     | <b>Yoga</b><br>(Wendy)   | <b>Yoga</b><br>(Alicen)                | <b>Beginning Yoga</b><br>(Lois H) |
| <b>11:15 AM</b> |                                   | <b>Silver Sneakers®</b><br>(Tracey)   |  | <b>Silver Sneakers®</b><br>(Alan)    |  |  |                                   |
| <b>5:00 PM</b>  |                                   | <b>Hard Core Abs</b><br>(Alan)        |  | <b>Hard Core Abs</b><br>(Lois B)     |  |  |                                   |
| <b>5:30 PM</b>  | <b>Cardio Kick</b><br>(Karen B)   | <b>Players Bootcamp</b><br>(Lila)     | <b>Cardio Kick/Sculpt</b><br>(Julie L) | <b>Muscle Pump</b><br>(Lois B)       | <i>(Friday)<br/>Aerobics<br/>Room reserved<br/>for private<br/>training<br/>5:45-7:00 pm</i> |  |                                   |
| <b>6:30 PM</b>  | Belly Dancing<br>(Alma)           | <b>Yoga</b><br>(Wendy)                |  |                                      |  |  |                                   |

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

### **Cardio Mix/Cardio Party**

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!

### **Intervals**

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

### **Core & More / Pilates Core**

Test your core strength in this class. Tone and strengthen for that long lean look.

### **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!

### **Step & Sculpt**

Step class mixed with weights, bands and resistance tubes. A fun early morning workout!

### **Women's Self Defense**

Registration is required for this 8 week class. Learn moves that could save your life from a certified self-defense instructor. Space Limited.

### **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.