



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
7:00 AM	Muscle Pump (Amber)		Step & Sculpt (Amber)		Body Sculpting (Amber)		
9:00 AM	Cardio Kick (Suzanne)	Cardio Pump (Robin)	Butt and Gutts (Kelly)	Cardio Pump (Robin)	Cardio Mix (Karen B)	8:30 am Cardio Mix (Julie J)	
10:15 AM	*Advanced Yoga (Alicen)	Stretch & Tone (Tracey)	*Advanced Yoga (Tracey)	Pilates Core (Rotates)	Yoga (Wendy)	Yoga (Kelly)	9:30 Beginning Yoga (Lois H)
11:15 AM		Silver Sneakers® (Tracey)		Silver Sneakers® (Tracey)			
5:10 PM		Hard Core Abs (Lila)		Hard Core Abs (Lois B)			
5:30 PM	Cardio Kick (Karen B)	Players Bootcamp (Lila)	Cardio Kick/Sculpt (Julie L)	Muscle Pump (Lois B)	<i>(Friday) Aerobics Room reserved for private training 5:45-7:00 pm</i>		
6:30 PM	Belly Dancing (Alma)	Yoga (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 21st 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.