



PLAYERS CLUB
FITNESS CENTER

Players Club Fitness Monthly

February 2012

Volume 2 No. 2

Contact: (843) 785-3024 * mleysen@spinnakerresorts.com *Webpage: playersclubfitness.com
Visit us on Facebook or Twitter for the latest news!

Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am	Aquafit*-Lois		Aquafit*-Lois		Aquafi*-Shannon	
8:45 am						Spin- Kim
9:00 am	Kick Box Sculpt-Kelly	Pilates- Lois	Butts-N-Gutz-Kelly	Pilates- Lois		
9:30 am	Aquafit *-Lois		Aquafi*-Shannon			
10:00 am	Yoga-Kelly	Yoga-Nannette	Yoga- Caroline		Yoga-Nannette	Yoga- Kelly
11:00 am		Silver Sneakers**		Silver Sneakers**		
12:00 pm		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		

*Aquafit has a maximum participation limit of 20 people. 8:30 am class is in high demand. Please arrive early to ensure your spot in class. You may be asked to wait for the 9:30 am class.

**Silver Sneakers has a maximum participation limit of 15 people. 11:00 am class is in high demand. Please arrive early to ensure your spot in class. You may be asked to wait for the 12:00 pm class.

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!

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.

Lap Swim Only

Monday to Friday 10:30 a.m. to 12:00 p.m.

Children Allowed In Pool after 12:00 p.m. Monday-Friday
Pool Closed For Cleaning M-Sat. 2:00-2:30 pm