



VETERAN’S DAY
is November 11.

ELECTION DAY
TUESDAY
NOVEMBER 5

SPORTSCLUB’S
Annual Holiday
Guest
Program
IS BACK!

Bring family and
friends at NO COST

Nov 27 - Dec 1
and Dec 16 - Jan 1

NO EVENING
CLASSES
WEDNESDAY,
NOV 27!

MONDAY			4-Nov	11-Nov	18-Nov	25-Nov
5:15	SPIN		Christi	Christi	Christi	Christi
5:30	CHISELED		Angie	Angie	Angie	Angie
8:30	BODYATTACK		Michelle C	Cindy	Dina	Michelle C
8:30	SPIN		Angie	Angie	Angie	Angie
8:30	ADV. YOGA (MB)		Susan	Susan	Susan	Susan
9:30	BODYPUMP		Sarah V	Alissa	Els	Sarah V
9:30	PILATES (MB)		Susan	Lee	Lee	Lee
9:30	SPRINT		Sarah N	Laura	Rachel	Sarah N
10:30	ZUMBA		Angela	Angela	Angela	Angela
10:30	YOGA (MB)		Melissa	Wendy	Wendy	Katie E
4:30	SPIN		Laura	Sabrina	Laura	Lindsay
4:45	YOGA SCULPT (MB)		Sabrina	Michelle E	Sabrina	Michelle E
5:30	GRIT		Pam	Toni	Andy	Amy G
6:00	CXWORX		Stephanie	Rambo	Andy	Stephanie
6:00	SPIN		Jason	Jeff	Jeff	Jeff
6:00	PILATES (MB)		Kathy	Kathy	Lee	Kathy
6:45	ZUMBA		Shelley	Mattie	Pearl	Mattie
7:00	BODYFLOW		Stephanie	Rambo	Joanna	Stephanie
8:00	YOGA (MB)		Katie E	Jennifer E	Katie E	Jennifer E
9:00	AQUA FITNESS		MaryAnn	MaryAnn	MaryAnn	MaryAnn
10:00	P.R.E.P. FLUID MOTION		MaryAnn	MaryAnn	MaryAnn	MaryAnn
6:15	AQUA FITNESS		Lynn	Lynn	Lynn	Lynn
TUESDAY			5-Nov	12-Nov	19-Nov	26-Nov
5:15	PUMP AND RUN		Christi	Christi	Christi	Christi
5:30	SPRINT		Amy G	Sarah N	Jeannie	Amy G
6:00	AB BLAST		Amy G	Sarah N	Jeannie	Amy G
8:30	INTENSE BODY		Lorri	Lorri	Lorri	Lorri
8:30	YOGA SCULPT (MB)		Anne Marie	Sabrina	Sabrina	Anne Marie
9:00	EXTREME SPIN		Alissa	Alissa	Alissa	Alissa
9:30	BODYCOMBAT		Pam	Dina	Lindsay D	Cindy
9:30	BASIC YOGA (MB)		Anne Marie	Kristy	Anne Marie	Ellen
10:30	CXWORX		Pam	Dina	Amy	Cindy
11:00	ZUMBA		Kathy	Amber	Amber	Adriana
12:00	LOW IMPACT SCULPT		Suzanne	Kathy	Suzanne	Kathy
12:15	RESTORATIVE YOGA (MB)		Ellen	Wendy	Wendy	Ellen
4:30	INTENSE BODY		Sabrina	Sabrina	Laura	Lia
5:45	BODYCOMBAT		Kathleen	Kathleen	Amy	Pam
5:45	ZUMBA KIDS (MB)		Cherie	Cherie	Cherie	Cherie
5:45	EXTREME SPIN		Lia	Lia	Lia	Lia
6:45	BODYPUMP		Andy	Jason	Rambo	Lee
6:45	BASIC YOGA (MB)		Ellen	Ellen	Jennifer E	Ellen
AQUATICS						
9:00	NOODLE BUFF		Allison	Allison	Allison	Allison
WEDNESDAY			6-Nov	13-Nov	20-Nov	27-Nov
5:30	GRIT		Brandon	Brandon	Brandon	Brandon
5:30	SPIN		Nick	Nick	Jane	Jane
8:30	BODYPUMP		Anna	Pam	Suzanne	Alissa
8:30	SPIN		Nicole T	Laura	Nicole T	Dina
8:30	POWER YOGA		Chandra	Chandra	Jay	Chandra
9:30	BODYJAM		Lindsay	Jesse	Lindsay	Jesse
9:30	SPRINT		Laura B	Amy G	Laura B	Alissa
9:30	PILATES W/PROPS (MB)		Sarah A	Sarah A	Sarah A	Lee
10:30	CHISELED		Laura B	Amy G	Laura B	Amy G
11:30	TAI CHI (MB)		Donna	Donna	Donna	Donna
5:00	SPRINT		Jeannie	Rachel	Jeannie	CLUB HRS
5:30	BODYPUMP		Jeannie	Morgan	Lee	5AM-8PM
6:30	CXWORX		Amy	Stephanie	Rambo	NO EVENING
6:00	SPIN		Sabrina	Jeff	Jeff	CLASSES
7:00	ZUMBA		Shelley	Shelley	Pearl	
7:00	BODYFLOW (MB)		Rambo	Stephanie	Rambo	
8:15	YOGA (MB)		Callie	Jennifer E	Callie	
AQUATICS						
9:00	AQUA FITNESS		Christi	Lynn	Jennifer C	Christi
6:15	WATER JOGGING		April	April	Lisa	NO PM

NOVEMBER 2019

GROUP FITNESS SCHEDULE

SPORTSCLUB
FIVE FORKS

THANKSGIVING HOURS Wednesday 11/27 Club Hours: 5am - 8pm Childcare: Normal Morning Schedule. Closed in the Evening Membership: Normal Hours Thursday 11/28 (Thanksgiving Day) Club Hours: 8am - 1pm Childcare: Normal Morning Schedule. Closed in the Evening. Group Fitness: Special Morning Classes. No noon or evening classes. Membership: Closed	THURSDAY			7-Nov	14-Nov	21-Nov	28-Nov
	5:15	CIRCUIT 2K		Angie	Angie	Angie	CLUB HOURS 8-1
	8:30	BODYCOMBAT		Dina	Pam	Lindsay	
	8:30	YOGA SCULPT (MB)		Michelle E	Susan	Michelle E	8:30
	8:45	INTRO TO SPIN		Christi	Christi	Christi	BODYCOMBAT KATHLEEN
	9:00	SPIN		Christi	Christi	Christi	
	9:30	GRIT		Toni	Pam	Amy G	9-10:30 EXT SPIN ALISSA AND JENNIFER
	9:30	YOGA (MB)		Kristy	Anne Marie	Kristy	
	10:30	LOW IMPACT SCULPT		Toni	Kathy	Suzanne	
	11:30	ZUMBA		Kathy	Andriana	Brandon	9:30 BODYPUMP RAMBO
	4:30	BODYCOMBAT		Fitzgerald	Amy	Pam	
	5:45	GRIT		Pam	Amy G	Andy	9:30 PILATES LEE
	6:15	CHISELED		Pam	Amy G	Sabrina	
	5:45	INTRO TO SPIN		Beth	Jeff	Laura	
	6:00	SPIN		Beth	Jeff	Laura	
	5:45	KIDS YOGA (MB)		Callie	Callie	Callie	10:30 ZUMBA KATHY
	6:45	BODYPUMP		Katie M	Lee	Andy	
	6:45	PILATES (MB)		Jesse	Jesse	Jesse	HAPPY THANKSGIVING
	7:45	BODYJAM		Jesse	Jesse	Jesse	
	AQUATICS						
	9:00	AQUA FITNESS		Lil	Lil	Lil	NO AQUA
	FRIDAY			1-Nov	8-Nov	15-Nov	22-Nov
	5:30	BODYCOMBAT	Lindsay	Lindsay	Fitzgerald	Jeannie	No Early am classes
	5:30	SPIN	Nick	Nick	Nick	Jane	
	8:30	BODYPUMP	Jeannie	Anna	Christi	Els	8:45 SPRINT ANNA
	8:30	YIN YANG YOGA (MB)	Jay	Susan	Jay	Susan	
	8:45	SPRINT	Anna	Rachel	Sarah N	Laura	
	9:30	BODYSTEP	Kris	Amy	Amy	Kris	9:30 BODYPUMP SARAH N, ANNA
	9:30	RPM SPIN	Jeannie	Anna	Jeannie	Els	
	9:30	PILATES (MB)	Jesse	Jesse	Jesse	Jesse	
	10:30	BODYJAM	Jesse	Jesse	Jesse	Jesse	9:30 YIN YOGA CALLIE
	10:30	RESTORATIVE YOGA (MB)	Katie E	Ellen	Katie E	Ellen	
	5:45	BODYPUMP	Rambo	Rambo	Rambo	Rambo	10:30 BODYJAM LINDSAY
	6:00	SPIN	Laura	Lia	Laura	Laura	
	AQUATICS						
	9:00	AQUA POOLATES	MaryAnn	MaryAnn	MaryAnn	MaryAnn	Lynn
	10:00	P.R.E.P. FLUID MOTION	MaryAnn	MaryAnn	MaryAnn	MaryAnn	NO PM
	SATURDAY			2-Nov	9-Nov	16-Nov	23-Nov
	8:30	BODYCOMBAT	Kathleen	Dina	Pam	Dina	Fitzgerald
	8:30	SPIN	Lia	Sabrina	Jeff	Jeff	Jeff
	8:30	POWER YOGA (MB)	Susan	Katie E	Jennifer E	Jennifer E	Melissa V
	9:30	EXTREME SPIN	Alissa	Alissa	Laura	Alissa	Alissa
	9:30	BODYPUMP	Rambo	Anna	Sarah V	Katie M	Lee
	9:30	PILATES	Jesse	Jesse	Jesse	Lee	Wenda
	10:30	BODYJAM	Jesse	Jesse	Jesse	Lindsay	CANCELLED
	10:30	YOGA SCULPT (MB)	Sabrina	Sabrina	Michelle E	Michelle E	Anne Marie
	11:15	SPIN	David	Jason	David	Laura	Beth
	AQUATICS						
	9:00	AQUA FITNESS	Allison	Lynn	Lisa	April	Lil
	SUNDAY			3-Nov	10-Nov	17-Nov	24-Nov
	9:00	SPIN	David	Jeff	Beth	Jason	
	2:00	BODYPUMP	Suzanne	Andy	Rambo	Morgan	
	2:15	SPIN	Jennifer T	Beth	Jennifer T	Jeff	
	3:15	BODYFLOW (MB)	Cindy	Stephanie	Rambo	Stephanie	

Yoga for Pregnancy

WORKSHOP

Sunday, November 10
1:30pm - 2:45pm
with Ellen Arabea

SPORTSCLUB FIVE FORKS

Class fee:
\$12 (members)
\$15 (non-members)

SIGN UP TODAY

Happy Thanksgiving!

QUESTIONS, COMMENTS, CONCERNS?
Contact pkavulic@sportsclubsc.com