



LES MILLS
SUPER LAUNCH
PARTY

SIGN-UPS BEGIN
MONDAY, JANUARY 6

SPORTSCLUB EXPRESS - SIMPSONVILLE

Call 864-228-8282 or stop by
the Simpsonville front desk to
reserve your space!



NEW MUSIC • NEW CHOREOGRAPHY

SATURDAY, JANUARY 25

START THE NEW YEAR OFF RIGHT!

JANUARY 1, 2020

CLUB HOURS:

8:00am-5:00pm.

Normal AM

Childcare hours.

No PM Childcare hours.

- REMINDER FOR
NEW MEMBERS:
1. Bring a mat, water,
towel

2. Let the instructor
know you are new

3. Try all new
experiences at least
three times

4. Smart start - build
endurance by
staying for half the
class, then add on
time when you are
ready

MONDAY			6-Jan	13-Jan	20-Jan	27-Jan	
5:30	SPRINT		Brandon	Alissa	Brandon	Alissa	
6:00	INTENSE BODY		Michelle E	Alissa	Michelle E	Alissa	
7:30	RAISEDBARRE (S2)		Amy F	Amy F	Amy F	Amy F	
8:30	BODYCOMBAT		Lindsay D	Cindy	Jessica	Lindsay D	
8:30	YOGA (S2)		Kristy H	Kristy H	Kristy H	Kristy	
8:30	SPIN		Jenn H	Lindsay D	Lindsay D	Jenn H	
9:30	PILATES (S2)		Wenda	Wenda	Wenda	Wenda	
9:30	GRIT		Anna	Toni	Pam	Toni	
10:00	BUTTS & GUTS		Anna	Toni	Pam	Toni	
10:30	LOW IMPACT SCULPT		Nancy	Amy G	Cindy	Sabrina	
10:40	SIT & BE FIT (S2)		Michele A	Michele A	Michele A	Michele A	
12:15	BODYPUMP		Christi	Michelle Mc	Christi	Els	
12:15	YOGA (S2)		Tyler P	Tyler P	Tyler P	Tyler P	
12:15	SPRINT		Amy S	Amy S	Amy S	Amy S	
1:30	TAI CHI		Donna	Donna	Donna	Donna	
4:45	INTENSE BODY		Amy G	Brandon	Brandon	Anna	
5:15	GRIT		Amy G	Brandon	Brandon	Anna	
5:15	SPRINT		Brandon	Rachel	Jason	Amy G	
5:45	BODYCOMBAT		Cindy	Kathleen	Fitzgerald	Jessica	
5:45	RAISEDBARRE (S2)		Alissa	Michelle E	Ben	Michelle E	
5:45	SPIN		Jason	Alissa	Alissa	Alissa	
6:45	BODYPUMP		Jason	Kerry	Michelle Mc	Rambo	
6:45	POWER YOGA (S2)		JoLynn	Lindsay H	JoLynn	JoLynn	
AQUATICS							
9:00	AQUA FITNESS		Beverly	Beverly	Beverly	Beverly	
10:15	P.R.E.P FLUID MOTION		Beverly	Lynn	Lynn	Lynn	
5:45	AQUA FITNESS		Christian	Lil	Amy G	Lil	
TUESDAY			7-Jan	14-Jan	21-Jan	28-Jan	
5:30	YOGA SCULPT		Jennifer L	Jennifer L	Jennifer L	Jennifer L	
6:00	SPIN		Nick	Jane G	Nick	Nick	
8:30	BODYSTEP		Kris	Amy F	Kris	Kris / Laura B	
8:30	RAISEDBARRE (S2)		Susan M	Susan M	Susan M	Susan M	
8:30	RPM SPIN		Cindy	Els	Anne	Els	
9:30	BODYPUMP		Suzanne	Sarah N	Suzanne	Sarah N	
9:30	BODYFLOW (S2)		Kris	Joanna	Anne	Joanna	
11:00	THERAPEUTIC YOGA		Michele A	Michele A	Michele A	Michele A	
12:15	RAISEDBARRE (S2)		Amy S	Amy S	Amy S	Amy S	
1:45	GENTLE YOGA		Wendy	Ashley S	Ellen	Ashley S	
4:30	BODYPUMP		Michelle Mc	Cindy	Anna	Pam	
5:30	CXWORX		Stephanie	Cindy	Amy F	Stephanie	
5:45	SPIN		Jane G	Ben	Jeff R	Ben	
6:00	BODYATTACK		Morgan	Lindsay G	Sarah N	Morgan	
6:00	RAISEDBARRE (S2)		Stephanie	Amy F	Amy F	Stephanie	
7:00	ZUMBA 🥳		Adriana	Adriana	Adriana	Adriana	
AQUATICS							
9:00	AQUA FITNESS		Amanda	Nancy	Amanda	Jenn H	
5:45	AQUA FITNESS		Sandy	Sandy	Sandy	Sandy	
WEDNESDAY			1-Jan	8-Jan	15-Jan	22-Jan	29-Jan
5:30	PEDAL & PUMP	Happy New Year		Alissa	Pam	Alissa	Pam
7:30	RAISEDBARRE (S2)			Laurie	Michelle E	Laurie	Michelle E
8:30	GRIT			Cindy	Amy G	Cindy	Toni
8:30	ADV. YOGA (S2)			Melissa V	Melissa V	Lindsay H	Lindsay H
9:00	CXWORX			Suzanne	Suzanne	Cindy	Cindy
9:00	SPRINT			Sarah N	Amy G	Anna	Amy G
9:30	BODYPUMP			Sarah N	Els	Anne	Cindy
9:30	PILATES (S2)		8:30 BodyCombat with Cindy	Amanda	Amanda	Amanda	Amanda
10:30	LOW IMPACT SCULPT			Suzanne	Suzanne	Suzanne	Suzanne
10:30	RAISEDBARRE (S2)			Michelle C	Michelle C	Michelle C	Michelle C
12:15	SPRINT		8:30 Sprint 60 with Brandon	Rachel	Amy S	Amy G	Amy S
12:15	BASIC YOGA (S2)			Allison	Allison	Allison	Allison
2:00	CHAIR YOGA (S2)			Michele A	Michele A	Michele A	Michele A
4:45	BODYCOMBAT		9:30 BodyPump with Anna	Jessica	Cindy	Jessica	Fitzgerald
4:45	RAISEDBARRE (S2)			Ben	Michelle E	Amy F	Ben
5:00	SPRINT		9:30 Pilates with Cindy	Amy G	Brandon	Rachel	Brandon
5:45	CXWORX			Rambo	Cindy	Rambo	Stephanie
5:45	SPIN			Kerry	Ben	Kerry	Kerry
5:45	POWER YOGA (S2)			JoLynn	Anne Marie	JoLynn	JoLynn
6:15	BODYPUMP		10:30 Yoga with S h i	Rambo	Katie M	Rambo	Michelle Mc
AQUATICS							
9:00	AQUA FITNESS			Allison	Allison	Allison	Allison
10:15	P.R.E.P FLUID MOTION			Michele A	Michele A	Michele A	Michele A
► 5:45	AQUA FITNESS		CANCELLED	CANCELLED	CANCELLED	CANCELLED	CANCELLED

CLASS CANCELLED

THURSDAY		2-Jan	9-Jan	16-Jan	23-Jan	30-Jan
5:30	YOGA SCULPT (S2)	Michelle E	Jennifer L	Michelle E	Jennifer L	Michelle E
5:30	SPIN	Christi	Christi	Christi	Christi	Christi
6:30	CXWORX	Christi	Christi	Christi	Christi	Christi
8:30	BODYPUMP	Els	Pam	Alissa	Pam	Alissa
8:30	RAISEDBARRE (S2)	Sarah N	Amy F	Sarah N	Michelle E	Michelle C
8:30	RPM SPIN	Amy G	Els	Anne	Amy G	Cindy
9:30	CXWORX	Suzanne	Pam	Alissa	Pam	Alissa
9:30	BODYFLOW (S2)	Cindy	Joanna	Anne	Joanna	Kris
10:00	ZUMBA	Adriana	Adriana	Adriana	Adriana	Adriana
11:00	TAI CHI	Donna	Donna	Donna	Donna	Donna
12:15	RAISEDBARRE (S2)	Michelle E	Michelle C	Michelle E	Harper	Michelle C
5:00	GRIT	Brandon	Anna	Cindy	Sabrina	Brandon
5:30	BODYATTACK	Morgan	Sarah N	Sarah N	Morgan	Lindsay G
5:30	RAISEDBARRE (S2)	Rambo	Rambo	Rambo	Rambo	Rambo
5:45	SPIN	Ben	Ben	Ben	Ben	Ben
6:30	BODYFLOW (S2)	Stephanie	Rambo	Rambo	Stephanie	Stephanie
6:30	ZUMBA 🥰	Pearl	Pearl	YesiTa	Pearl	Pearl
AQUATICS						
9:00	AQUA FITNESS	Jenn H	Jenn H	Jenn H	Jenn H	Nancy
5:45	AQUA FITNESS	Christian	Amy G	Lynn	Lynn	Christian
FRIDAY		3-Jan	10-Jan	17-Jan	24-Jan	31-Jan
5:30	GRIT	Brandon	Brandon	Brandon	Brandon	Brandon
6:00	INTENSE BODY	Jane G	Jane G	Michelle E	Sabrina	Sabrina
7:30	RAISEDBARRE (S2)	Michelle E	Ben	Alissa	Alissa	Alissa
8:30	BODYCOMBAT	Jessica	Kathleen	Jessica	Due to Super Launch and Racquetball Tournament; Friday after 8:30, all day Saturday and Sunday Group Fitness Classes in all 3 studios will be cancelled	Kathleen
8:30	YOGA SCULPT (S2)	Sabrina	Allison	Sabrina		Anne Marie
8:30	SPIN	Alissa	Laura B	Alissa		Alissa
9:30	ZUMBA	Amber	Amber	Amber		Amber
9:30	ADV. YOGA (S2)	Claire	JoLynn	Claire		Claire
9:45	SPRINT	Jeannie	Amy G	Anna		Rachel
10:30	LOW IMPACT	Amy G	Toni	Amy G		Amy G
10:30	RAISEDBARRE (S2)	Sarah N	Amanda	Amanda		Harper
12:15	GENTLE YOGA (S2)	Wendy	Wendy	Ashley S		Callie
12:15	BODYPUMP	Pam	Jeannie	Pam	Michelle Mc	
4:45	BODYPUMP	Michelle Mc	Jason	Cindy	Jason	
5:45	SPRINT	Katie M	Jason	Rachel	Jason	
AQUATICS						
9:00	AQUA FITNESS	Beverly	Beverly	Beverly	Beverly	Beverly
10:15	P.R.E.P FLUID MOTION	Lil	Niya	Niya	Niya	Niya
SATURDAY		4-Jan	11-Jan	18-Jan	25-Jan	
7:30	BODYPUMP	Katie M	Jeannie	Rambo	SUPER LAUNCH Come to Simpsonville Express for a full day of fun and fitness! Classes from 8:00 - 1:30, sign ups begin Monday 6th!	
8:30	BODYSTEP	Cindy	Kris	Amy F		
8:30	RAISEDBARRE (S2)	Ben	Rambo	Harper		
8:30	SPIN	Sarah N	Nick	Nick		
9:30	BODYATTACK	Michelle C	Lindsay G	Sarah N		
9:30	RPM SPIN	Kerry	Kerry	Anna		
9:30	PILATES (S2)	Michelle E	Sarah T	Sarah T		
10:30	BODYCOMBAT	Jessica	Cindy	Pam		
10:30	ADV. YOGA (S2)	Lindsay H	Katie E	Claire		
AQUATICS						
9:00	AQUA FITNESS	Amy G	Amanda	Lynn	Jenn H	
SUNDAY		5-Jan	12-Jan	19-Jan	26-Jan	
9:00	RAISEDBARRE (S2)	Rambo	Amanda	Rambo	All Group Fitness classes cancelled today due to Racquetball tournament	
1:30	BODYSTEP	Laura B	Amy F	Amy F		
▶ 1:30	BODYFLOW	Jeannie	Anne	Cindy		
1:30	SPIN	Jenn H	Jason	Jenn H		
2:30	BODYPUMP	Sarah N	Anne	Els		
3:30	RAISEDBARRE (S2)	Ben	Amy F	Ben		

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NEW CLASS