



Club Hours

Monday – Thursday 5am – 9pm
 Friday 5am – 8pm
 Saturday 8am – 5pm
 Sunday 1 pm -5pm

Child Care Hours

Monday – Thursday 8am - noon
 4pm – 8pm
 Friday 8am - noon
 4pm – 7pm
 Saturday 8am - noon

601-939-2122

Brandon/Pearl Club

Effective Date: August 30, 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 am						Step 2 the Max	
8:30 am	Cardio Kickbox	Energy Zone	Rotating Specialty	Energy Zone	Cardio Kickbox		
9:00 am			Core n' More			Spinfiniti	
9:15 am	Brand New Body	Spinfiniti		Spinfiniti	Brand New Body		
9:30 am			Tai Chi & Chairs				
9:45 am						Move 2 Lose	
10:00 am	Simple Step	BLT		BLT	Simple Step		
10:15 am							
2:00 pm							Hi/Lo Sculpt
2:45 pm							Fab Abs
4:45 pm	Simple Step	Energy Zone	Simple Step	Energy Zone			
5:15 pm	Fab Abs		Fab Abs				
5:30 pm	CCFC	Fab Abs	CCFC	Fab Abs			
5:45 pm		Spinfiniti		Spinfiniti			
6:15pm	Brand New Body		Brand New Body				
6:30 pm		Zumba		Zumba			

LAND AEROBICS

BRAND NEW BODY (45min/Int) The best of personal training in a group setting. Let our instructors guide you to a complete body sculpting makeover!

CARDIO KICKBOX (45 Int/Adv) Jumpstart your new cardio workout! All cardio all kickbox for max caloric burn.

CCFC (Cardio Conditioning For Chicks) (45 min Int/Adv) Get ready for 45 minutes of all cardio all the time. Kick your calorie burning up a notch with a combination Box, Hi-Lo, and Cardio Interval Drills.

CORE n' MORE (45 min All Levels) An excellent combination of Pilates and Yoga for maximum balance, flexibility and toning benefits.

ENERGY ZONE (45 min Int) Get it all in this 45 minute class. You leave feeling great from powerful step moves and full-body sculpting.

FAB ABS (15 min All Levels) Motivating music and ab blasting intervals equals rockin results!

HI/LO SCULPT (45 min Int) Cardio and toning intervals make this class the best all around workout. Heart pumping cardio combine with toning and firming weight moves.

MOVE 2 LOSE (30 min Beg) A fun low-impact aerobic workout with non-intimidating choreography for women wanting fat burning weight loss, women who are pregnant or just beginning a workout program.

ROTATING SPECIALTY (30 min All Levels) Keep your workout fresh and exciting with new fitness classes ranging from Ballet-Tone, Drums Alive, Zumba, Bootcamp Blast and many others.

SIMPLE STEP (30 min Beg) Low-impact cardio step that introduces the basic step moves and unlocks a world of fun.

***SPINFINITI** (45 min Int/Adv) Burn up to 550 calories in this fantastic group cycling class.

STEP 2 THE MAX (45 min Int) Great heart pumping cardio on the step. Fun choreography on single or double step.

TAI CHI & CHAIRS (45 min Beg) Experience the benefits of Tai Chi and a variety of toning exercises for seniors, handicapped or deconditioned women. Safe for members with joint problems, arthritis or injuries.

ZUMBA (30/45 min Beg/Int) Ditch the workout and join the party as you dance away the inches to the newest workout beat – Latin, jazz, hip-hop, salsa and world beats make it a blast!

*indicates a group cycling class

Water Aerobics – Brandon/ Pearl Club

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	Early Bird Water	Early Bird Water	Early Bird Water		Early Bird Water		
8:15am	Makin Waves				Makin Waves		
8:30am						Rip Tide	
9:00am	Aqua Fit	Rip Tide	Aqua Fit	Rip Tide	Aqua Fit		
10:00am	EZ Does It	EZ Does It	EZ Does It	EZ Does It	EZ Does It		
2:00 pm							Aqua Fit
4:30 pm	Aqua Fit		Aqua Fit				
4:45 pm		Aqua Box		Aqua Box			
5:30 pm	Rip Tide		Rip Tide				
5:45 pm		Aqua Fit		Aqua Fit			

AQUA BOX – (1hr. Int) Jab, punch and kick your way to an awesome workout in the pool! All the great benefits of cardio kickboxing on the land but with the muscle toning resistance of the water.

AQUA FIT – (1hr. Int) Get fit with this intermediate level water aerobics class combining cardio and toning. This class is guaranteed to shape you up with no stress on the back or knees. Great for pregnant women!

EARLY BIRD WATER – (60 min. Int) A fun, intermediate level water class for the early riser.

EZ DOES IT – (60min. Beg) Simple movements in the water to increase flexibility, strength and stamina, for the elderly, arthritic or just beginning a workout program.

MAKIN' WAVES – (45 min. Int.) Non-stop cardio fat burning in the water utilizing your favorite pool-side tools.

RIP TIDE – (1 hr. Int) Change your shape and cardio endurance all for the better with this one hour of all out cardio in the water!