



Childcare Hours

Monday-Thursday 8am-Noon 4pm-8pm
 Friday 8am-Noon 4pm-7pm
 Saturday 8am-Noon

Club Hours

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

Sunnybrook Rd.

(601) 856-0535

Effective Date: January 9, 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am	Sunrise Spin*	Sunrise Sculpt	Sunrise Spin*	Sunrise Sculpt	Sunrise Spin*		
6:15 am		Ab Attack		Ab Attack			
8:15 am	Rock Star Step	Quick Kick Super Cycle*	Metamorphosis	Quick Kick Super Cycle*	Rock Star Step	Combat Kick	
8:30 am						Spintacular*	
8:45 am		BodyFit	Take the First Step	BodyFit			
9:00 am	Cardio Party				Cardio Party	Zumba	
9:15 am	Spintacular*		H.E.A.T. Spintacular*		Spintacular*		
9:30 am	Dynamic Power				Dynamic Power	EZ Rider*	
9:45 am		Yoga/Pilates		Yoga/Pilates		Move 2 Lose	
10:00 am	Senior Fit		Senior Fit		Senior Fit		
10:15 am						Yoga/Pilates	
10:30 am		Move 2 Lose		Move 2 Lose			
12:10 pm	Yoga Sculpt		Yoga Sculpt				
2:00 pm							BodyFit
4:15 pm	Rock Star Step	BodyFit	Rock Star Step	BodyFit			
5:00 pm	Super Sculpt		Super Sculpt				
5:15 pm		Quick Kick		Quick Kick			
5:30 pm	Ab Attack		Ab Attack				
5:45 pm	Combat Kick Spintacular*	Zumba Spintacular*	Combat Kick Spintacular*	Zumba Spintacular*	Zumba		
6:30 pm	Take the First Step	Dynamic Power	Rotating Specialty	Dynamic Power			
7:00 pm	Super Sculpt	Iron Yoga	Metamorphosis	Iron Yoga			
7:30 pm	Zumba		Zumba				

Group Exercise & Group Cycling*

AB ATTACK (15 min All Levels) 15 minutes to flatter, toner abs!

BODYFIT (60 min All Levels) Head-to-toe, muscle-sculpting workout! Non-stop, toning moves with short cardio intervals will take your toning workout to the next level. If you've ever wanted to try P90X or Crossfit then this is the class for you!

COMBAT KICK (45 min Int/Adv) Feel strong & powerful! All cardio, all kickbox for max caloric burn and maximum heart-rate.

CARDIO PARTY (30 min Int) Get in and get going with 30 minutes of straight heart-pumping cardio. Great music from the 60's, 70's, 80's & 90's.

***EZ RIDER** (30 min Beg) Learn basic cycle techniques and get maximum fat burning in a fun filled group cycling class.

DYNAMIC POWER (30 min All Levels) Dynamax Balls, Dynabands & Dynamic moves = one powerful workout. A total new way to sculpt your body AND push you to your limits.

H.E.A.T. (45 min Int/Adv) Train like an athlete. Interval toning and cardio training will keep your workout fresh and challenging.

IRON YOGA (30 min All Levels) All the benefits of yoga with the bonus of lean, sculpted, muscles.

METAMORPHOSIS (30 min All Levels) Change you can see & feel. Try the latest in celebrity workouts. You'll sculpt muscles and burn calories with new moves that EVERY WOMAN can do.

MOVE 2 LOSE (30/45 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.

QUICK KICK (30 min All Levels) Get in and get kicking! 30 minutes of cardio kickboxing will kick up your fat burning workout.

SENIOR FIT (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.

ROCK STAR STEP (45 min Int/Adv) Get to rockin' in the world of step! Great cardio and challenging moves on the step!

ROTATING SPECIALTY (30 min All Levels) Keep your workout fresh and exciting with new fitness classes ranging from Drums Alive, Turbo Kick, Core Strength and many others.

***SPINTACULAR** (45/60 min Int/Adv) A spectacular way to burn up to 550 calories. The music will keep your heart-rate pumping and your legs moving. A great, non-impact, cardio, group-cycling workout.

SUNRISE SCULPT (45 min Int/Adv) Are you an early riser that wants the total package? Get it all here with a mix of cardio moves and total body toning.

***SUNRISE SPIN** (45 min Int/Adv) Burn up to 550 calories in this fantastic group cycling class just for you early birds!

***SUPER CYCLE** (30 Min All Levels) Group Cycling in a fun and fast way. 30 minutes of cardio cycling is guaranteed to blast your fat burning through the roof!

SUPER SCULPT (30 Min Int) The best of personal training in a group setting. Let our instructors guide you to a complete body sculpting makeover!

TAKE THE FIRST STEP (30 Min Beg) A fun and exciting aerobic step workout with non-intimidating choreography for women wanting fat burning weight loss, or just beginning a workout program. This class will introduce you to the world of step.

YOGA/PILATES (45 min All Levels) An excellent combination of Pilates and Yoga exercises for the abdominals and back. Increase your balance and flexibility while shrinking your waistline.

YOGA SCULPT (30 min All Levels) Enjoy the challenge and flow of a pure Yoga class. Enhance flexibility, toning and balance with traditional Yoga poses.

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 – Sunnybrook Rd. Club

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	Makin' Waves		Makin' Waves		Makin' Waves		
8:15am		Makin' Waves		Makin' Waves			
8:30am						Rip Tide	
9:00am	Aqua Core n' More	Specialty Splash	Aqua Core n' More	Aqua Cardio n' Sculpt	Aqua Core n' More		
9:30am		Aqua Pump				Aqua Pump	
10:00am	Aqua Cardio n' Sculpt	Arthritic Water	Aqua Cardio n' Sculpt	Arthritic Water	Aqua Cardio n' Sculpt		
11:00am	EZ Does It Water		EZ Does It Water		EZ Does It Water		
2:00pm							Aqua Cardio n' Sculpt
4:45pm	Aqua Cardio n' Sculpt		Aqua Cardio n' Sculpt				
5:30pm		Rip Tide		Rip Tide			
5:45pm	Makin' Waves		Makin' Waves				
6:30pm	Specialty Splash	Aqua Pump		Aqua Pump			

AQUA CARDIO n' SCULPT - (60 min Int) A fun, 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.

AQUA CORE n' MORE - (60 min Int) Begin your full body workout with awesome cardio exercises. Then take your workout to the next level with the toning, strengthening, flexibility and balance of Pilates, Yoga and Tai Chi all done in the water. A great workout for pregnant women because all abdominal exercises are done in the buoyancy of the water.

AQUA PUMP - (30 min All Levels) All toning all the time! 30 minutes of aqua toning exercises for a full body workout.

ARTHRITIC WATER - (45 min Beg) Slow, rhythmic activity sanctioned by the National Arthritis Foundation to enhance joint flexibility and movement.

EZ DOES IT WATER - (45 min Beg) Simple movements in the water to increase flexibility, strength, and stamina. A great class for the elderly, arthritic, or those just beginning a workout routine.

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

RIP TIDE - (60 min Int) Change your shape and cardio endurance all for the better with this one hour of all out cardio in the water!

SPECIALTY SPLASH - (30 min All Levels) Fun, fun, fun plus a fabulous workout. Come try our new & exciting rotating specialty class in the water. Aqua Zumba, Aqua Pilates, Aqua Box & much more.....

Open Swim Times

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am–5:30am	5:00am–8:15am	5:00am–5:30am	5:00am–8:15am	5:00am–5:30am	8:00am–8:30am	1:00pm–2:00pm
6:15am–9:00am	10:45am–5:30pm	6:15am–9:00am	10:45am–5:30pm	6:15am–9:00am	10:00am–4:45pm	3:00pm–4:45pm
11:45am–12:30pm	7:00pm–8:45pm	11:45am–4:45pm	7:00pm–8:45pm	11:45am–7:45pm		
2:30pm–4:45pm		6:30pm–8:45pm				
7:00pm–8:45pm						

*Pool closes 15 minutes before building closes.

Pool **CLOSED for maintenance **Mondays**, between the hours of **12:30pm – 2:30pm**.