



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

Group Exercise & Group Cycling*

Effective Date: January 11, 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am	Spinfiniti	CCFC	Spinfiniti	CCFC	Spin Surprise*		
6:15 am		Fire Up The Core		Fire Up The Core			
8:15 am	Steptastic		Energy Zone		Steptastic	Steptastic	
8:30 am		Brand New Body		Brand New Body		Spinfiniti*	
8:45 am							
9:00 am	FAB ABS		FAB ABS		FAB ABS	Zumba	
9:15 am	Box & Bells	CCFC	Brand New Body	CCFC	Box & Bells		
	Spinfiniti*	Spinfiniti*	Spinfiniti*	Spinfiniti*	Spinfiniti*		
9:45 am						Move 2 Lose	
						EZ Rider*	
10:00 am	Sit N Be Fit	Fit Yoga	Sit N Be Fit	Fit Yoga	Sit N Be Fit		
10:30 am		Move 2 Lose		Move 2 Lose		Fit Yoga	
12:10 pm	Fit Yoga		Fit Yoga				
2:00 pm							CCFC
2:45 pm							FAB ABS
4:15 pm	CCFC	Cardio Box Blast	CCFC	Cardio Box Blast			
4:45 pm		Energy Zone		Energy Zone			
5:00 pm	Brand New Body		Brand New Body				
5:30 pm		FAB ABS		FAB ABS			
5:45 pm	Steptastic	Zumba	Steptastic	Zumba	Zumba		
	Spinfiniti*	Spinfiniti*	Spinfiniti*	Spinfiniti*			
6:30 pm	Box & Bells	Brand New Body	Box & Bells	Brand New Body			
7:15 pm	Fit Yoga	Move 2 Lose	Fit Yoga	Move 2 Lose			

Group Exercise

BOX & BELLS (45 min./Int.-Adv.) Boxing and the new cardio kettlebells allow you to tone and get in a great cardio workout at the same time!

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 BOX BLAST (30 min./Int./Adv.) Jumpstart your new cardio workout! A cardio interval blast of boxing moves.

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. This will start you in the right direction for a new you in the new year!

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.

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

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

MOVE 2 LOSE (30-45 min./Beg.) A fun low-impact aerobic workout for women wanting to lose 20 lbs. or more with easy & fun choreography.

SIT N' BE FIT (45 min./Beg.) Great class for seniors, handicapped or de-conditioned women. Safe for members with joint problems, arthritis or injuries.

***SPIN SURPRISE** (60 min./Int.) Jump-start your morning and pedal your way to a healthier you! Anything goes in this class! You will be SURPRISED with different and exciting fat burning group cycling workouts!

***SPINFINITI** (45-60 min./Int.-Adv.) Great music, fast paced and a non-impact workout on the bike. Burn up to 550 calories per class.

STEPTASTIC (45-60 min./Int.-Adv.) Have fun and keep moving with this heart Pumping step class with creative choreography!

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! Zumba Tone option available in all Zumba classes.

FIT YOGA (30-45 min./All Levels) Tone, lengthen, and stretch with all the latest moves from the Kelly Ripa, Physique 57 workout!

**denotes cycling classes*

Water Aerobics – Sunnybrook Rd. Club

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am	Makin' Waves		Makin' Waves		Tides Of Change		
8:30 am						Rip Tide	
9:00 am	Aqua Pilates	Aqua Fit	Rip Tide	Aqua Fit	Aqua Pilates		
9:30 am						Aqua Pilates	
10:00am	Aqua Fit	Arthritic Water	Aqua Fit	Arthritic Water	Aqua Fit		
11:00am	EZ Does It Water		EZ Does It Water		EZ Does It Water		
2:00 pm	Aqua Fit		Aqua Fit				Aqua Fit
4:30 pm	Aqua Fit		Aqua Fit				
5:30 pm	Rip Tide	Aqua Fit	Rip Tide	Aqua Fit			
6:30 pm	Tides Of Change	Makin' Waves					

AQUA FIT – (1 hr./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 PILATES – (1 hr./Int.) A 30 minute cardio class followed by 30 minutes of Pilates for improved muscle control, flexibility, coordination, strength and toning in the water.

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 for the elderly, arthritic or out of shape.

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!

TIDES OF CHANGE- (45 or 60 min./Int.-Adv.) A cardio and toning class designed to give you an ever-changing workout in the water.