



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: August 16, 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am	Sunrise Spin*	Hi/Lo Sculpt	Sunrise Spin*	Hi/Lo Sculpt	Spin & Tone*		
6:15 am		Fab Abs		Fab Abs			
8:15 am	Step 2 the Max	Brand New Body	Simple Step	Brand New Body	Step 2 the Max	Step 2 the Max	
8:30 am						Spinfiniti*	
8:45 am			Rotating Specialty				
9:00 am	Fab Abs	Cardio Kickbox	Spin & Tone*	Cardio Kickbox	Fab Abs	Cardio Kickbox (30)	
	Spinfiniti*	Spinfiniti*		Spinfiniti*	Spinfiniti*		
9:15 am	Hi/Lo Sculpt		Brand New Body		Hi/Lo Sculpt		
9:30 am						BLT	
						EZ Rider*	
9:45 am		Core n' More		Core n' More			
10:00 am	Tai Chi & Chairs		Tai Chi & Chairs		Tai Chi & Chairs	Zumba (30)	
10:30 am		Move 2 Lose		Move 2 Lose		Core n' More	
12:10 pm	Pure Yoga		Pure Yoga				
2:00 pm							Hi/Lo Sculpt
2:45 pm							FAB ABS
4:15 pm	Energy Zone	CCFC	Energy Zone	CCFC			
5:00 pm	Cardio Kickbox	Simple Step	Cardio Kickbox	Simple Step			
5:30 pm		BLT		BLT			
5:45 pm	Step 2 the Max	Spinfiniti*	Step 2 the Max	Spinfiniti*	Zumba		
	Spinfiniti*		Spin & Tone*				
6:00 pm		Zumba		Zumba			
6:30 pm	Hi/Lo Sculpt		Hi/Lo Sculpt				
6:45 pm		Brand New Body		Brand New Body			
7:15 pm	Core n' More		Core n' More				

* indicates a group cycling class

Group Exercise

BLT (30min/All Level) 30minutes of firming and toning for the buns, legs and tummy.

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 (45/30 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.

***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!

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 (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.

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

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.

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.

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

***SPIN & TONE** (60 min Int) All the great benefits of the Spinfiniti class with added upper body toning with the DynaBands and weights.

***SPINFINITI/SUNRISE SPIN** (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.

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!

Water Aerobics – Sunnybrook Rd. Club

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am	Makin' Waves		Makin' Waves		Makin' Waves		
8:30 am						Rip Tide	
9:00 am	Aqua Core n' More	Aqua Fit	Aqua Core n' More	Aqua Fit	Aqua Core n' More		
9:30 am						Aqua Core n' More	
10:00am	Aqua Fit	Arthritic Water	Rip Tide	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	Rip Tide		Rip Tide				
5:30 pm	Aqua Fit	Makin' Waves	Aqua Fit	Makin' Waves			
6:15 pm		Aqua Fit		Aqua Fit			
6:30 pm	Aqua Core n' More						

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 CORE n' MORE – (1 hr. Int) Begin your whole 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.

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