



GROUP FITNESS SCHEDULE

Effective June 3, 2024

MONDAY

- 5:15AM-Studio II SWERVE CYCLING (45)-Rotation
- 5:15AM-Studio I BODYPUMP-Stephen
- 8:30AM-Studio II STAGES CYCLING (45)-Berly
- 8:30AM-Studio I BODYPUMP (45)-Susan
- 9AM-Pool AQUA FITNESS-Rotation **NEW**
- 9:30AM-Studio III PILATES MAT-Susan
- 9:30AM-Studio I INTERVAL BOOT CAMP-Tyler
- 11AM-Studio III KIDS YOGA (30) - Emily **NEW**
For kids ages 7+
- 12PM-Studio I BELLS & BANDS (45)- Elise
- 12PM-Studio II STAGES CYCLING (45)- Suzanne C.
- 12PM-Studio III GENTLE YOGA (45) -Emily
- 5:15PM-Studio III THE BARRE WORKOUT-Maddy
- 5:30PM-Studio I BOXING REMIX (45)-Tyler
- 5:45PM-Studio II STAGES CYCLING (45)-Tiffany
- 6:30PM-Studio III GENTLE YOGA-Rachael
- 6:30PM-Studio I BODYPUMP- Erin **NEW**

TUESDAY

- 5:15AM-Studio I BODYCOMBAT-Tammy
- 5:15AM-Studio III **HOT FLOW YOGA**-Denise Q.
- 6:15AM-Pool SWIM FIT-Leon
- 8:15AM-Studio III **HOT FLOW YOGA**-Kara
- 8:30AM Studio II SWERVE CYCLING (45)-Addie
- 8:30AM-Studio I BODYCOMBAT-Maureen & Jonathan
- 9AM-Pool AQUA FITNESS-Cackey **NEW**
- 9:30AM-Studio III **HOT PILATES SCULPT**-Berly
- 9:30AM-Studio I BODYPUMP-Maureen
- 12PM-Studio I BODYPUMP (45)-Jan
- 12PM-Studio III BODYBALANCE -Anne
- 4:30PM - Studio I HIIT 30 (30) - Elise
- 5:15PM-Studio II STAGES CYCLING (30)-Elise
- 5:30PM-Studio I STEP & SCULPT (45)- Jennifer
- 5:30PM-Studio III **HOT FLOW YOGA**-Denise Q.

WEDNESDAY

- 5:15AM-Studio II STAGES CYCLING-judith
- 8:00AM-Pool SWIM FIT-Alix **NEW**
- 8:30AM-Studio III THE BARRE WORKOUT (45)-Caroline
- 8:30AM-Studio I BODYPUMP (45)-Susan
- 9:30am-Pool AQUA FITNESS-Jennifer **NEW**
- 9:30AM-Studio III GENTLE YOGA-Lindsay H.
- 9:30AM-Studio II STAGES CYCLING (45)-Becca
- 9:30AM-Studio I BOXING REMIX (45)-Karynne
- 11am-Studio I KIDS CARDIO (30)-Jennifer **NEW**
For kids ages 7+
- 12PM-Studio III **HOT FLOW YOGA** (45)-Berly
- 12PM-Studio I BELLS & BANDS (45) - Orquavian
- 5:30PM-Studio III **HOT FLOW YOGA**-Lindsay H.
- 5:30PM-Studio I FUNCTIONAL PUMP (50)-Elise
- 6:30PM-Studio I BODYPUMP-Denise B.

Please bring a yoga mat to all Studio III Classes

THURSDAY

- 5:15AM-Studio I BODYPUMP- Amanda E. **NEW**
- 5:15AM-Studio III **WARM FLOW YOGA**-Faith **NEW**
- 6:15AM-Pool SWIM FIT-Cackey
- 8:30AM-Studio III **WARM TOTAL BODY FUSION** (45)-Jessie
- 8:30AM-Studio II STAGES CYCLING (45)-Kara
- 8:30AM-Studio I CARDIO SCULPT (45)-Karynne
- 9AM-Pool AQUA FITNESS-Alix **NEW**
- 9:30AM-Studio I BODYCOMBAT (45)-Maureen & Jonathan
- 9:30AM-Studio III **HOT FLOW YOGA**-Kara
- 10:30AM-Studio II STAGES CYCLING (30)-Berly
- 12PM-Studio III BODYBALANCE-Maureen
- 12PM-Studio I BELLS & BANDS (45)-Laura
- 4:30PM-Studio I BODYCOMBAT (45)- Melissa
- 5:30PM-Studio I INTERMEDIATE SHAPE & SCULPT (45)-Laura
- 5:45PM-Studio III THE BARRE WORKOUT-Maddy

FRIDAY

- 8:30AM-Studio III **WARM BODY BELLS** (50)-Becca
- 8:30AM-Studio I BODYPUMP-Melissa
- 9AM-Pool AQUA FITNESS-Raelyn **NEW**
- 9:30AM-Studio III **HOT TOTAL BODY FUSION**-Berly
- 9:45AM-Studio I INTERVAL BOOT CAMP (45) Orquavian
- 10:45AM-Studio III **WARM GENTLE YOGA** -Lindsay H.
- 12PM-Studio II SWERVE CYCLING (45)-Elise **NEW**
- 4:30PM-Studio I BODYPUMP- (45)-Denise B.

SATURDAY

- 8AM-Studio III PILATES SCULPT (45)-Maddy
- 8:30AM-Studio I BODYCOMBAT-Tammy & Jessie **NEW**
- 9AM-Studio III THE BARRE WORKOUT-Maddy
- 9AM-Studio II STAGES CYCLING (45)-Tara
- 9AM-Pool SWIM FIT-Alix
- 9:45AM-BB Court INTERVAL BOOT CAMP-Tyler
- 10:15AM-Studio III WARM FLOW YOGA-Diane
- 10:30AM-Studio I BODYPUMP-Amamda A. **NEW**

Hot Classes will be between 95-105 degrees
Warm Classes will be between 83-93 degrees

SUNDAY

- 9:30AM-Studio II STAGES CYCLING (45)-Berly
- 9:30AM-Studio I BODYCOMBAT (55)-Erin
- 10AM-Studio III BODYBALANCE-Jan
- 3PM-Studio III **HOT FLOW YOGA**-Diane



We've launched a Fitness Instagram account!
Follow us @stonecreek.fitness



Pilates is designed to stretch, strengthen and balance the body. Introductory, private, semi-private, or group sessions available. Scan the QR code for the current Pilates Reformer schedule & visit the Stone Creek Member App to reserve your spot! For more information, contact Maureen - Maureenj@stonecreekclubandspa.com



functional interval training

\$15/class

TUE

3:45PM

Sports Performance

Ages 12-17

Orquavian

WED

9AM

Tyler

THUR

3:45PM

Sports Performance

Ages 12-17

Orquavian

FRI

7AM

Tyler

*Please note-class will be canceled if there are no registrants 1 HR prior to class time. Register on the App!