

Group Fitness at Stone Creek

Effective June 11, 2018

Monday			
Time	Class	Studio	Instructor
5:15	Spinning	II	Jeff
8:30	Spin and Sculpt	II	Michelle
8:30	Mix-n-Match I	I	Rotation
9:30	Pilates Mat	III	Virginia
9:30	Kickboxing	I	Erica
9:30	Aqua Fitness	P	Alyson
10:30	Flow Yoga	III	Diane F.
10:30	Reax Raft TBF	P	Berly
12:00	Spinning (45)	II	Becca
12:00	The Barre Workout (45)	III	Kim/Susan
5:30	The Barre Workout	III	Maddy
5:30	TBC	I	Erica
5:30	Spinning	II	Lindsay
6:00	Reax Raft Sunset Yoga	P	Emily S.
6:30	BodyFlow™	III	Melissa
6:30	BodyPump™	I	Alecia

Tuesday			
Time	Class	Studio	Instructor
5:15	Hot Flow Yoga	III	Kara
6:15	Swim Fit	P	Leon
8:15	Hot Flow Yoga	III	Kara
8:30	BodyCombat™	I	Maureen & Jonathan
8:30	Spinning	II	Karynne
9:30	BodyPump™	I	Maureen
9:30	Hot BodyFlow™	III	Erica
9:30	Aqua Fitness	P	Cackey
12:00	BodyPump™Xpress (45)	I	Stephanie
4:30	Boot Camp 101	I	Jennifer K.
5:30	Powerstrike Impact	I	Erica
5:30	Hot Flow Yoga	III	Erica H.
6:00	Spinning (45)	II	Shannon

Wednesday			
Time	Class	Studio	Instructor
5:15	Spinning	II	Judith
8:15	Swim Fit	P	Alix
8:30	The Barre Workout	III	Berly
8:30	BodyPump™Xpress (30)	I	Rotation
9:00	CX WORX™(30)	I	Rotation
9:30	Interval Boot Camp	I	Becca
9:30	Gentle Yoga	III	Virginia
12:00	Spinning (45)	II	Karynne
4:30	Warm BodyFlow™	III	Susan
5:30	Reax Raft Conditioning	P	Erica
5:30	Hot Flow Power Yoga	III	Emily S.
5:30	Spinning (45)	II	Addie
6:35	BodyPump™	I	Melissa

Thursday			
Time	Class	Studio	Instructor
5:15	BodyPump™	I	Tara
5:15	Hot Flow Yoga	III	Erica H.
6:15	Swim Fit	P	Cackey
8:30	Pilates Mat	III	Maureen/Berly
8:30	Spinning	II	Kara
8:30	Cardio Sculpt (55)	I	Karynne
9:30	Powerstrike Impact	I	Courtney
9:30	Aqua Zumba	P	Jennifer
9:45	Warm Flow Yoga	III	Kara
12:00	CX WORX™Blend (45)	I	Jonathan
12:00	BodyFlow™ (45)	III	Maureen
5:15	BodyCombat™	I	Erica
5:45	The Barre Workout	III	Maddy
6:00	Music Video Spin (45)	II	Larry

Friday			
Time	Class	Studio	Instructor
5:15	Spinning	II	Judith
8:30	BodyPump™Xpress (30)	I	Mindy
8:30	The Barre Workout (45)	III	Berly
9:00	CX WORX™(30)	I	Mindy
9:20	Warm Flow Yoga	III	Emily W.
9:30	Aqua Fitness	P	Alyson
9:30	TBC	I	Erica
10:30	Hot Total Body Fusion	III	Berly
12:00	Reax Raft Yoga	P	Kara
12:00	Music Video Spin (45)	II	Larry
4:30	BodyPump™	I	Susan

Saturday			
Time	Class	Studio	Instructor
8:00	Pilates Mat	III	Berly/Maddy
9:00	BodyCombat™	I	Erica & Melissa
9:00	The Barre Workout	III	Berly/Maddy
9:00	Spinning	II	Tara
9:00	Swim Fit	P	Cathy
9:30	Interval Boot Camp	BB	Bonnie
10:05	BodyPump™	I	Tara
10:15	Warm Flow Yoga (75)	III	Erica H.

Sunday			
Time	Class	Studio	Instructor
9:30	Spinning	II	Rotation
9:30	Reax Raft Mix-n-Match	P	Rotation
10:30	BodyFlow™	III	Rotation
3:00	Hot Flow Yoga	III	Diane F.

***Change to schedule**

Heated Yoga Program-Infrared Heat

Hot Classes will be between 95-105 degrees

Warm Classes will be between 83-93 degrees

Studio I-Cardio/Strength Studio II-Spinning
Studio III Mind/Body P-Pool

All classes are 50-55 minutes unless otherwise noted on schedule

For your safety, do not enter a class after the warm up has been completed

Group Fitness Feedback and Questions? Contact Fitness Director, Erica Alexander-Leeling at Erica@stonecreekclubandspa.com

Club Hours	Pebble Creek
M-Th 4:45am-10pm	M-Fri 8am-8pm
Fri 4:45am-9pm	Saturday 8am-3pm
Saturday 7am-7pm	Sunday 9am-2pm
Sunday 8am-7pm	