



It feels so good to belong.

Group Fitness Class Descriptions

For more information about our Group Fitness Program, contact:

Libby Stewart, Group Fitness Director -lstewart@sportsclubsc.com

Laurie Greenway, Site Coordinator / Dina Rodgers, Site Coordinator

Five Forks 675-5808 Greenville 288-7220 Simpsonville 228-8282

Teaching schedules are available at sportsclubsc.com.

Sportsclub Members & Guests:

Welcome to the Group Fitness Program! Please take a moment to introduce yourself to our team of instructors so we can get to know you!

In order to fully enjoy your group fitness class experience, we ask that you observe the following guidelines:

- Drink plenty of water.
- Let the instructor know if it is your first time in class.
- Stay until the end of class as the Stretch at the end of class will alleviate unnecessary muscle soreness.
- For sanitary reasons, we encourage members to bring their own mat to class.
- Do not enter a class more than 10 minutes after the class has started and refrain from entering the studios before the previous class has ended.
- Place all equipment back in the proper place.

Don't hesitate to ask any group fitness instructor if you have questions. Our goal is to provide you with a safe and effective workout that you enjoy. Feel free to contact me anytime you have Comments or suggestions for classes you'd like to see on the schedule. We are here for you.

Yours in good health,

Libby Stewart, Group Fitness Director

MIND BODY CLASSES

Designed to bring balance and increase flexibility and core strength.

Pilates I & II

The Pilates Method is a system of controlled exercises that engage the mind and condition the total body. It is a balanced blend of strength and flexibility training that improves posture, reduces stress and creates long, lean muscles. Pilates works several muscle groups simultaneously through smooth, continuous motion with a particular concentration on strengthening and stabilizing the core or "powerhouse."

Pilates Essentials *BEGINNER FAVORITE*

Introduction to the moves and breathing necessary for the Pilates Method.

Tai Chi

Tai Chi is known for its physical and mental health benefits. Referred to as "moving meditation," gentle and carefully coordinated movements open and stretch promoting the flow of energy throughout the body. Easy to learn and can be done by anyone.

Iyengar Yoga

Iyengar Yoga is characterized by great attention to detail and precise focus on body alignment. Iyengar pioneered the use of "props" such as cushions, benches, blocks, straps, and even sand bags, which function as aids allowing beginners to experience asanas more easily and fully than might otherwise be possible without several years of practice. Props also allow students to enjoy the benefits of many asanas via fully "supported" methods requiring less muscular effort.

Ashtanga/Power Yoga

Power Yoga incorporates poses and breathing exercises linked together in sequential flow for a more athletic form of yoga. This class can invoke improved muscular tone and strength, increased joint flexibility and improved balance and posture. Prior experience of Yoga or Pilates is useful but not required.

Hatha Yoga

Slow-paced stretching with simple breathing exercises and perhaps seated meditation. This is a good place to learn basic poses, relaxation techniques, and get comfortable with yoga.

Yoga

A dynamic systematic routine of 26 Hatha yoga poses done in a relaxing and invigorating environment. Designed to create a healthy, fit body. Yoga practice is designed to improve your metabolism and flexibility, detoxify the body, and strengthen all of your muscles and joints from the bones to the skin.

Restorative Yoga

Restorative yoga is a deeply relaxing way of practicing yoga. With the use of yoga props, such as belts, blocks, blankets, bolsters and chairs, the student is able to achieve the form of the yoga pose without using much muscular strength. This enables the student to hold poses for a greater length of time and facilitates a deep release. Restorative yoga practice helps to soothe the nervous system and calm and focus the mind.

Tai Chi for Self Defense \$

Tai Chi Chuan is a perfect way to learn self defense skills. Tai Chi Chuan is one of the 'internal' martial arts, which concentrates first on footwork and evasion, and increasing one's balance and internal strength, rather than enduring hours of kicking and punching repetitions.

Advanced Yoga

More challenging yoga poses for the experienced yoga participant. Prior yoga experience a must.

PILATES REFORMER TRAINING \$

We use resistance and assistance to create the long, lean muscle definition that we all desire. We achieve this by utilizing your own body weight to work every muscle group. No lifting weights; we use spring resistance to achieve your results. With this workout we will improve your posture, using postural control thus correcting muscular imbalances as these create most of the basic injuries that we suffer from.

Please see one of our professionally certified Pilates trainers for more information about private and group Pilates training classes or sign up today to try your trial workout.



These classes are perfect for all levels of exercisers.



"The world's fastest way to get in shape!" This one-hour strengthening class utilizes barbells and adjustable weights for a total body workout. Challenge all your major muscle groups by using the best weight-room exercises like squats, presses, lifts & curls.

A cutting-edge version of the classic step class, this



class provides an energetic workout while featuring high intensity intervals followed by muscle conditioning tracks designed to shape and tone the entire lower body while pushing fat-burning systems.



The Yoga, Tai Chi, Pilates workout that builds flexibility & strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance.



The workout with *Punch!* This empowering cardio program inspired by the martial arts draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful instructors, strike, punch, kick and kata your way through a fiercely energetic workout!



The cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance moves and hottest new sounds puts the emphasis as much on having fun as breaking a sweat.

SPECIALTY CLASSES

Ab Blast/Core

An intense gut-busting 30 minute workout for the abdominal area.

Active *BEGINNER FAVORITE*

55 minute low impact class, integrating cardio, resistance and stretching.

BLT

BUMS, LEGS AND THIGHS—the focus is on the lower body in this heart pumping class. Come join this fun class.

Basic Pump *BEGINNER FAVORITE*

Formatted from our popular Body Pump class, this class is designed to accommodate the needs of the beginner or the mature adult by focusing on the details of form and technique.

STEP CLASSES

Basic Step *BEGINNER FAVORITE*

This class teaches basic and intermediate step choreography for the beginner or basic stepper.

Step 2

Inspiring and fun, this step class offers motivating instructors and a chance to learn choreography at a slightly faster pace.

Step and Sculpt

An intermediate class that uses a proven formula to optimize fat burning with intervals of weight and step segments.

Advanced Step

Ready to go and move with faster music & dynamic choreography. A blast for the *experienced* stepper.

INTERVAL CLASSES

Combining cardio workouts with strength training, you get the best of both worlds!

Intense Body

This energetic class combines cardio with intense upper and lower body muscle work.

Boot/Body Camp

Awesome cardio training intertwined with strength training segments! This action packed class will challenge your endurance and strength.

Circuit 2K

A one-hour Interval training class combines all facets of exercise, Weight conditioning, HR training, Agility, and speed work. Non-stop from beginning to end. This class does allow you to work at your own pace but is not suitable for beginners

Low Impact Sculpt

Easy on the joints, this class combines 30 minutes of cardio and 30 minutes of sculpting. Can include intervals of each. Come join us for some slow and steady fun.



Visit our website
www.sportsclubsc.com
for the current schedules for all clubs.
Not all classes are taught at all club locations.

GROUP CYCLING CLASSES

Cycling is perfect for all levels

Simple Spin *BEGINNER FAVORITE*

Come learn the basics of group indoor cycling at a comfortable pace in this class.

Spinning

In this exciting class, instructors take participants through heart-pumping journeys riding through hills, flats, time trials, intervals and mountains. You control the speed and the resistance.

Extreme Spin

Get ready for the ride of your life. This class is not for the faint of heart. It's an hour and a half of intense cardio. We'll jam on that bike until there's nothing left but a puddle of sweat.

RPM

Indoor cycling with inspirational music over varied terrain controlling your workout with knobs and pedals. Great for the beginner.

Group Cycling Classes:

*Please obtain a bike pass from the front desk.
Class passes are available 30 minutes prior to
the class start time.*

WATER CLASSES

Aqua Fitness

Aqua aerobic moves, resistance equipment & the water's resistance equal an aerobic & muscle toning workout with little or no impact on the joints.

Fluid Motion

This class focuses on flexibility and controlled movements. Ideal for those with arthritis and fibromyalgia as well as pre- and post-natal workouts.

Aqua Boot Camp

Challenge yourself to a tough aquatic workout made up entirely of cardio and strength drills. This fast paced class will push your aquatics workout to a new level.

Finning (Low to High Intensity)

A great way to burn calories and take off inches! Fins are used to create greater resistance in the water, which raises the heart rate and tones the body. Not your typical swim or aerobic workout! Swimming ability required.

Water Walking

Use the resistance of the water to burn calories and strengthen your cardiovascular condition while toning the rest of your body. 30 minutes of brisk water walking equals one hour of land walking. A Great workout!

Muscle Up H2O

Boost your strength with fun class. Resistance, progression and specificity create the cross training class you need to add to your workout !