



It feels so good

Group Fitness Class Descriptions

For more information about our Group Fitness Program, please contact:

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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
- Stretch at the end of class—this will alleviate unnecessary muscle soreness
- 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 the 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 program that you enjoy. Feel free to contact me anytime you have suggestions for changes you'd like to see on the schedule. We are here for you.

MIND BODY CLASSES

Designed to bring balance and increase flexibility and core strength. All mat classes are included in a Sportsclub membership.

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 & 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 tired or ill 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

Yoga Steps *BEGINNER FAVORITE*

Introduction to the poses and breathes necessary for the yoga disciplines.

Hot Yoga \$

A dynamic systematic routine of 26 Hatha yoga poses done in a heated environment. Designed to create a healthy, fit body. Hot Yoga practice is designed to improve your metabolism & 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 \$

Have you ever been in a situation whereby you have been threatened either physically or verbally? Have you been involved in a fight or seen someone you know in a fight and felt helpless? What would you do if someone started a fight with you, or worse still, you were unable to protect a friend or your loved ones?

Advanced Yoga

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

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



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LES MILLS PROGRAMS

These classes are taught by Les Mills certified instructors and new choreography is introduced every three months. Perfect for all levels of exercisers.

BodyPump

“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.

BodyStep

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.

BodyFlow

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.

BodyCombat

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!

BodyJam

This energetic and fun cardio dance class will teach you to Dance while you burn calories and enjoy a great workout.

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

Fluid Motion is a kinder & gentler version of our Aqua Fitness class. This class focuses on flexibility and controlled movements. Ideal for those with arthritis and fibromyalgia as well as pre- and post-natal workouts.

Aqua Core

STEP CLASSES

Using the Reebok Step platform, these classes are designed to give you a great cardio workout while moving on and off the step.

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 muscle work, 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.

Fun Friday

30 minutes of BodyStep followed by 30 minutes of BodyPump and 15 minutes of abs. The ultimate way to kick off your weekend!

Low Impact Sculpt *BEGINNER FAVORITE*

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.

STRENGTH TRAINING CLASSES

Designed to give your muscles a full workout, these classes are perfect if you are looking to have longer, leaner muscles.

Basic Pump *BEGINNER FAVORITE*

GROUP CYCLING CLASSES

These classes are taught on official Star Trac Spinning bikes. Your instructor will play energetic music and lead you on a ride designed to work the full body. Cycling is perfect for all levels of exercisers.

Simple Spin *BEGINNER FAVORITE*

Come learn the basics of group indoor cycling at a comfortable pace in this 30 minute 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.

Spin Circuit

A combination of spinning intervals on the bike followed by resistance training segment using free weights.

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 strengthening and lower body conditioning. We'll jam on that bike until there's nothing left but a puddle of sweat. Ride it like you stole it!!!!

Reservations Required for all Group Cycling Classes:

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

SPECIALTY CLASSES

Ab Blast

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

BLT

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

Visit our website
www.SportsclubSC.com
for the most current schedule of classes available at all locations.