




# February Group X Simpsonville

"We exist to inspire healthier lifestyles for our members".

| <p><b>New 4:45 - 5:30 Spinning Class on Tuesdays</b></p>                                  |              | Wednesday- 1                                  |           | Thursday- 2             |                 | Friday - 3  |                 | Saturday- 4                         |           |                          |           |                   |           |
|---|--------------|---|-----------|-------------------------|-----------------|---|-----------------|-------------------------------------|-----------|--------------------------|-----------|-------------------|-----------|
|   |              | 5:30 Spinning                                 | Christi   |                         |                 | 5:30 Spinning   | Christi         | 8:30- 10 Spinning                   | David     |                          |           |                   |           |
|   |              | 8:30 Body Combat                              | Dina      | 8:30 Spinning           | Dina            | 8:30 Pedal and Pump   | Angie           | 8:30- Sh'Bam                        | Jennifer  |                          |           |                   |           |
|   |              | 9:30 Pedal and Pump                           | Joanna    | <b>8:30 Body Jam</b>    | Carrie          | 9:00 Body Attack  | Dina            | 9:30 Body Combat                    | Amy       |                          |           |                   |           |
|   |              | <b>9:30 ACTIVE</b>                            | Adonia    | 9:30-Body Pump          | Lee J           | 10:00 Body Flow   | Stephanie       | 9:30 Body Pump S2                   | Lynette   |                          |           |                   |           |
| <p><i>You are powerful beyond belief to change the way you LOOK, THINK, and FEEL.</i></p> |              | 10:30 Basic Yoga                              | Craig     | 9:30- Pilates (S2)      | Jesse           |   |                 | 10:30(S2) Yoga                      | Melissa V |                          |           |                   |           |
|   |              | <b>5:45 spinning is back on the Schedule.</b> |           |                         |                 | <p>5:45 Zumba Party with Jennifer</p>  |                 |                                     |           |                          |           |                   |           |
|   |              | 4:45 Body Pump                                | Yvonne    | <b>5:45 Body Jam S2</b> | Catherine       |   |                 |                                     |           |                          |           |                   |           |
|   |              | 5:45 Spinning                                 | Ben R     | <b>5:45 Spinning</b>    | Alissa          |   |                 |                                     |           |                          |           |                   |           |
|   |              | 5:45 Pilates 1 (S2)                           | Tyla      | 5:45 Body Step          | Adonia, Lynette | <p>5:45 Zumba Party with Mattie</p>   |                 | <p><b>Sunday- 5</b></p>             |           |                          |           |                   |           |
|   |              | 5:45 Zumba                                    | Safiya    | 6:45 Body Pump          | Lynette         |   |                 |                                     |           | 1:30 Spinning            | Heather J |                   |           |
|   |              |   |           |                         |                 |   |                 | 2:30- Body Pump                     | Yvonne    |                          |           |                   |           |
|   |              | Monday- 6                                     |           | Tuesday - 7             |                 | Wednesday- 8  |                 | Thursday- 9                         |           | Friday - 10              |           | Saturday- 11      |           |
|   |              | 5:30 Spinning                                 | Heather W |                         |                 | 5:30 Spinning   | Christi         |                                     |           | 5:30 Spinning            | Christi   | 8:30- 10 Spinning | David     |
|   |              | 8:30- Body Combat                             | Pam       | 8:30 Body Step          | Michelle        | 8:30 Body Combat  | Dina            | 8:30 Spinning                       | Dina      | 8:30 Pedal and Pump      | Angie     | 8:30- Sh'Bam      | Amanda    |
| 9:30 (S2) Basic Yoga  | Ellen        | 8:30 Spinning                                 | Christi   | 9:30 Pedal and Pump     | Joanna          | <b>8:30 Body Jam</b>  | Carrie          | 9:00 Body Attack                    | Michelle  | 9:30 Body Combat         | Barbara   |                   |           |
| 9:30 Body Pump  | Pam          | 9:30- Body Jam                                | Dina      | <b>9:30 ACTIVE</b>      | Adonia          | 9:30-Body Pump  | Lee J           | 10:00 Body Flow                     | Stephanie | 9:30 Body Pump S2        | Yvonne    |                   |           |
| 9:30 Spinning   | Yvonne       | 9:30 Body Flow                                | Gina      | 10:30 Basic Yoga        | Craig           | 9:30- Pilates (S2)  | Jesse           |                                     |           | 10:30(S2) Yoga           | Melissa V |                   |           |
|   |              | <p><b>New 4:45 Spinning Class</b></p>         |           |                         |                 |   |                 |                                     |           |                          |           |                   |           |
| 4:45 Body Pump  | Julie        |   |           | 4:45 - 5:30 Spinning    | Bonnie          |   |                 |                                     |           |                          |           |                   |           |
| 5:45(S2) Pilates  | Jesse        |   |           | <b>5:45 Sh'Bam</b>      | Jennifer        |   |                 |                                     |           |                          |           |                   |           |
| 5:45 RPM spin   | Alissa       | 5:45 Body Pump s2                             | Rambo     | 4:45 Body Pump          | Yvonne          | 5:45 Body Jam S2  | Catherine       | <p>5:45 Zumba Party with Mattie</p> |           | <p><b>Sunday- 12</b></p> |           |                   |           |
| 5:45 Body Step  | Amy, Suzanne | 5:45 Intro to Spin                            | Janet     | 5:45 Spinning           | Yvonne          | <b>5:45 Spinning</b>  | Alissa          |                                     |           |                          |           |                   |           |
| 6:45 Body Jam   | Jesse        | 6:15 Spinning                                 | Janet     | 5:45 Pilates 1 (S2)     | Tyla            | 5:45 Body Step  | Adonia, Lynette |                                     |           |                          |           |                   |           |
| 6:45 Yoga   | Rebecca      | 6:45 Body Combat                              | Tiffany   | 5:45 Zumba              | Safiya          | 6:45 Body Pump  | Lynette         |                                     |           |                          |           | 1:30 Spinning     | Heather J |
|   |              |   |           |                         |                 |   |                 |                                     |           | 2:30- Body Pump          | Janice W  |                   |           |

| Monday- 13           |                  | Tuesday- 14               |           | Wednesday - 15      |            | Thursday- 16   |                  | Friday - 17   |           | Saturday- 18       |                 |
|----------------------|------------------|---------------------------|-----------|---------------------|------------|--|------------------|---|-----------|--------------------|-----------------|
| 5:30 Spinning        | Alissa           |                           |           | 5:30 Spinning       | Christi    |  |                  | 5:30 Spinning   | Christi   | 8:30- 10 Spinning  | David           |
| 8:30- Body Combat    | Pam              | 8:30 Body Step            | Gina, Amy | 8:30 Body Combat    | Dina       | 8:30 Spinning  | Dina             | 8:30 Pedal and Pump   | Angie     | 8:30-Sh'Bam        | Jennifer        |
| 9:30 (S2) Basic Yoga | Ellen            | 8:30 Spinning             | Christi   | 9:30 Pedal and Pump | Joanna     | 8:30 Body Jam  | Carrie           | 9:00 Body Attack  | Michelle  | 9:30 Body Combat   | Pam             |
| 9:30 - Body Pump     | Pam              | 9:30- Body Jam            | Dina      | 9:30 ACTIVE         | Suzanne    | 9:30-Body Pump   | Lee J            | 10:00 Body Flow   | Stephanie | 9:30 Body Pump S2  | Lynette         |
| 9:30 Spinning        | Yvonne           | 9:30 Body Flow            | Gina      | 10:30 Basic Yoga    | Craig      | 9:30- Pilates (S2)   | Jesse            |   |           | 10:30(S2) Yoga     | Melissa V       |
|                      |                  |                           |           |                     |            |  |                  |   |           |                    |                 |
| 4:45 Body Pump       | Julie S          | 4:45 - 5:30 Spinning      | Bonnie    |                     |            |  |                  |   |           |                    |                 |
| 5:45(S2) Pilates     | Jesse            | <b>5:45 Sh'Bam</b>        | Jennifer  |                     |            |  |                  |   |           | <b>Sunday - 19</b> |                 |
| 5:45 RPM spin        | Heather W        | 5:45 Body Pump            | Janice W  | 4:45 Body Pump      | Yvonne     | 5:45 Body Jam S2   | Catherine        | <b>5:45 Zumba Party with Mattie</b>   |           | 1:30 Spinning      | Yvonne          |
| 5:45 Body Step       | Michelle,        | 5:45 - 6:15 Intro to Spin | Janet     | 5:45 Spinning       | Ben R      | 5:45 Body Step   | Lynette, Adonia  |   |           | 2:30- Body Pump    | Yvonne          |
| 6:45 Body Jam        | Jesse            | 6:15 Spinning             | Janet     | 5:45 Zumba          | Safiya     | <b>5:45 Spinning</b>   | Alissa           |    |           |                    |                 |
| 6:45 Yoga            | Rebecca          | 6:45 Body Combat          | Tiffany   | 5:45 Pilates 1 (S2) | Tyla       | 6:45 Body Pump   | Lynette          |   |           |                    |                 |
| Monday- 20           |                  | Tuesday - 21              |           | Wednesday - 22      |            | Thursday - 23  |                  | Friday - 24   |           | Saturday- 25       |                 |
| 5:30 Spinning        | Angel            |                           |           | 5:30 Spinning       | Christi    |  |                  | 5:30 Spinning   | Christi   | 8:30- 10 Spinning  | David           |
| 8:30- Body Combat    | Pam              | 8:30 Body Step            | Michelle  | 8:30 Body Combat    | Amy        | 8:30 Spinning  | Dina             | 8:30 Pedal and Pump   | Joanna    | 8:30-Sh'Bam        | Mattie          |
| 9:30 (S2) Basic Yoga | Ellen            | 8:30 Spinning             | Christi   | 9:30 Pedal and Pump | Joanna     | 8:30 Body Jam  | Carrie           | 9:00 Body Attack  | Dina      | 9:30 Body Combat   | Dina            |
| 9:30 -Body Pump      | Pam              | 9:30 Body Jam             | Dina      | 9:30 ACTIVE         | Adonia     | 9:30-Body Pump   | Lee J            | 10:00 Body Flow   | Stephanie | 9:30 Body Pump S2  | Lynette         |
| 9:30 Spinning        | Yvonne           | 9:30 Body Flow            | Gina      | 10:30 Basic Yoga    | Craig      | 9:30- Pilates (S2)   | Jesse            |   |           | 10:30(S2) Yoga     | Melissa V       |
|                      |                  |                           |           |                     |            |  |                  |   |           |                    |                 |
| 4:45 Body Pump       | Julie S          | 4:45 - 5:30 Spinning      | Bonnie    |                     |            |  |                  |   |           | <b>Sunday - 26</b> |                 |
| 5:45(S2) Pilates     | Jesse            | <b>5:45 Sh'Bam</b>        | Jennifer  |                     |            |  |                  | <b>5:45 Zumba Party with Mattie</b>   |           | 1:30 Spinning      | Heather J       |
| 5:45 RPM spin        | Heather W        | 5:45 Body Pump            | Rammba    | 4:45 Body Pump      | Yvonne     | 5:45 Body Jam S2   | Catherine        |   |           |                    | 2:30- Body Pump |
| 5:45 Body Step       | Libby, Adonia    | 5:45 - 6:15 Intro to Spin | Janet     | 5:45 Spinning       | Jennifer G | 5:45 Body Step   | Lynette, Kinsley |  |           |                    |                 |
| 6:45 Body Jam        | Jesse            | 6:15 Spinning             | Janet     | 5:45 Zumba          | Safiya     | <b>5:45 Spinning</b>   | Alissa           |   |           |                    |                 |
| 6:45 Yoga            | Rebecca          | 6:45 Body Combat          | Tiffany   | 5:45 Pilates 1 (S2) | Tyla       | 6:45 Body Pump   | Lynette          |   |           |                    |                 |
| Monday- 27           |                  | Tuesday - 28              |           | Wednesday - 29      |            |  <p><b>Yoga Fundamentals Workshop in Five Forks Club - Saturday, February 18th 2:00 - 3:30</b></p> |                  |   |           |                    |                 |
| 5:30 Spinning        | Alissa           | 8:30 Body Step            | Amy, Gina | 5:30 Spinning       | Christi    |  |                  |   |           |                    |                 |
| 8:30- Body Combat    | Pam              | 8:30 Spinning             | Christi   | 8:30 Body Combat    | Dina       |  |                  |   |           |                    |                 |
| 9:30 (S2) Basic Yoga | Ellen            | 9:30 Body Jam             | Dina      | 9:30 Pedal and Pump | Joanna     |  |                  |   |           |                    |                 |
| 9:30 - Body Pump     | Dina             | 9:30 Body Flow            | Gina      | 9:30 ACTIVE         | Adonia     |  |                  |   |           |                    |                 |
| 9:30 Spinning        | Yvonne           |                           |           | 10:30 Basic Yoga    | Craig      |  |                  |   |           |                    |                 |
|                      |                  |                           |           |                     |            |  |                  |   |           |                    |                 |
|                      |                  |                           |           |                     |            |  |                  |   |           |                    |                 |
| 4:45 Body Pump       | Julie S          | 4:45 - 5:30 Spinning      | Bonnie    |                     |            |  |                  |   |           |                    |                 |
| 5:45(S2) Pilates     | Jesse            | 5:45 Sh'Bam               | Jennifer  |                     |            |  |                  |   |           |                    |                 |
| 5:45 RPM spin        | Heather W        | 5:45 Body Pump            | Janice    | 4:45 Body Pump      | Yvonne     |  |                  |   |           |                    |                 |
| 5:45 Body Step       | Michelle, Adonia | 5:45 - 6:15 Intro to Spin | Janet     | 5:45 Spinning       | Jennifer G |  |                  |   |           |                    |                 |
| 6:45 Body Jam        | Jesse            | 6:15 Spinning             | Janet     | 5:45 Zumba          | Safiya     |  |                  |   |           |                    |                 |
| 6:45 Yoga            | Rebecca          | 6:45 Body Combat          | Tiffany   | 5:45 Pilates 1 (S2) | Tyla       |  |                  |   |           |                    |                 |