

NEW
TIME

MONDAY		1-Nov	8-Nov	15-Nov	22-Nov	29-Nov
5:30	SPRINT	Amy S	Amy S	Amy S	Amy S	Amy S
6:00	BOOTCAMP	Sabrina	Cindy	Amy G	Cindy	Amy G
7:30	RAISEDBARRE (S2)	Amy F	Cindy	Ben	Amy F	Ben
8:30	BODYCOMBAT	Amy F	Lindsay D	Dina	Amy F	Lindsay D
8:30	YOGA (S2)	Julia	Julia	Julia	Julia	Julia
8:45	SPRINT	Amy G	Amy G	Brandon	Laura B	Brandon
9:30	PILATES (S2)	Wenda	Allison	Wenda	Wenda	Wenda
9:30	GRIT	Toni	Amy G	Mary	Amy G	Toni
10:30	LOW IMPACT SCULPT	Kathy	Laura B	Toni	Amy G	Kathy
10:40	SIT & BE FIT (S2)	Michele A	Michele A	Michele A	Michele A	Michele A
12:15	YOGA (S2)	Rita	Rita	Rita	Rita	Rita
4:30	GRIT	Jeremy	Cindy	Jeremy	Toni	Mary
5:00	SPRINT	Alissa	Rachel	Alissa	Jason	Rachel
5:45	BODYCOMBAT	Leslie	Amy F	Fitzgerald	Leslie	Cindy
5:45	SPIN	David	Alissa	Jason	Alissa	Jane G
5:45	BODYFLOW (S2)	Rambo	Stephanie	Kris	Kris	Rambo
6:45	BODYPUMP	Rambo	Michelle Mc	Jason	Michelle Mc	Rambo
AQUATICS						
9:00	AQUA FITNESS	Beverly	Beverly	Beverly	Beverly	Beverly
10:15	FLUID MOTION	Beverly	Beverly	Lil	Lil	Lil
5:45	AQUA FITNESS	Maria	Maria	Maria	Maria	Maria
TUESDAY		2-Nov	9-Nov	16-Nov	23-Nov	30-Nov
5:30	YOGA SCULPT (S2)	Jennifer L	Jennifer L	Jennifer L	Jennifer L	Jennifer L
6:00	SPIN	Nick	Nick	Nick	Jane G	Nick
8:30	BODYSTEP	Kris	Julia	Kris	Amy F	Kris
8:30	RAISEDBARRE (S2)	Michelle C	Michelle C	Michelle C	Michelle C	Michelle C
8:30	RPM SPIN	Els	Els	Amy G	Amy G	Els
9:30	BODYPUMP	Brandon	Amy G	Suzanne	Julia	Suzanne
9:30	BODYFLOW (S2)	Kris	Els	Kris	Kris	Els
11:00	THERAPEUTIC YOGA	Michele A	Michele A	Michele A	Michele A	Michele A
4:30	BODYPUMP	Amy G	Cindy	Michelle Mc	Amy G	Michelle Mc
5:30	LESMILLS CORE	Rambo	Cindy	Cindy	Rambo	Jason
5:45	SPIN	Ben	Ben	Jane G	Ben	Ben
6:00	BODYATTACK	Lindsey	Morgan	Morgan	Lindsey	Morgan
6:00	RAISEDBARRE (S2)	Rambo	Stephanie	Brandi	Rambo	Stephanie
7:00	ZUMBA	Yesika	Yesika	Yesika	Yesika	Yesika
AQUATICS						
9:00	AQUA FITNESS	Allison	Beverly	Brandi	Allison	Brandi
5:45	AQUA FITNESS	Amy G	Lynn	Lynn	Lynn	Lynn
WEDNESDAY		3-Nov	10-Nov	17-Nov	24-Nov	
5:30	PEDAL & PUMP	Jane G	Amy G	Sabrina	Sabrina	
7:30	RAISEDBARRE (S2)	Amy S	Amy S	Amy S	Amy S	
8:30	GRIT	Mary	Anna	Toni	Anna	
8:30	YOGA (S2)	Rita	Mary	Mary	Rita	
9:00	SPRINT	Laura B	Alissa	Rachel	Alissa	
9:30	BODYPUMP	Amy G	Alissa	Sarah N	Alissa	
9:30	PILATES (S2)	Amanda	Amanda	Amanda	Amanda	
10:30	LOW IMPACT SCULPT	Suzanne	Amy G	Suzanne	Suzanne	
10:30	RAISEDBARRE (S2)	Cindy	Brandi	Cindy	Brandi	
4:45	BODYCOMBAT	Fitzgerald	Jessica	Cindy	No Evening Classes	
5:15	SPRINT	Rachel	Jason	Amy G		
5:45	LESMILLS CORE	Cindy	Jason	Rambo		
5:45	POWER YOGA (S2)	JoLynn	JoLynn	JoLynn		
6:15	BODYPUMP	Michelle Mc	Katie M	Rambo		
AQUATICS						
9:00	AQUA FITNESS	Allison	Allison	Allison	Allison	
10:15	FLUID MOTION	Michele A	Michele A	Michele A	Michelle A	

NOVEMBER 2021

GROUP FITNESS SCHEDULE

SPORTSCLUB
GREENVILLE

THURSDAY		4-Nov	11-Nov	18-Nov	25-Nov
5:30	YOGA SCULPT (S2)	Sabrina	Rita	Sabrina	Special Thanksgiving Morning Classes 8:30 STEP with Kris 8:30 SPRINT 45 mins with Brandon 9:30 PUMP with Brandon 9:00 YOGA FLOW with Stephanie
5:30	SPIN	Christi	Christi	Christi	
6:30	LESMILLS CORE	Christi	Christi	Christi	
8:30	BODYPUMP	Alissa	Julia	Alissa	
8:30	RAISEDBARRE (S2)	Michelle C	Michelle C	Michelle C	
8:30	RPM SPIN	Amy G	Cindy	Els	
9:30	BUTTS N GUTS	Michelle C	Michelle C	Michelle C	
9:30	BODYFLOW (S2)	Joanna	Kris	Joanna	
10:00	ZUMBA	Amber	Amber	Amber	
4:30	BODYPUMP	Julia	Amy G	Cindy	
5:30	GRIT	Cindy	Amy G	Amy G	
5:30	RAISEDBARRE (S2)	Rambo	Brandi	Cindy	
5:45	SPIN	Jane G	Ben	Ben	
6:00	BODYSTEP	Jason	Laura B	Julia	
AQUATICS					
9:00	AQUA FITNESS	Lynn	Lynn	Lynn	
5:45	AQUA FITNESS	Maria	Maria	Maria	
FRIDAY		5-Nov	12-Nov	19-Nov	26-Nov
5:30	GRIT	Brandon	Brandon	Brandon	Special Black Friday Morning Classes 8:30 COMBAT with Jessica 8:30 SPIN with Michelle C 9:30 GRIT 'n ABs with Toni 9:30 RAISEDBARRE with Michelle C
6:00	BOOTCAMP	Christi	Christi	Christi	
7:30	RAISEDBARRE (S2)	Ben	Amy F	Amy F	
8:30	BODYCOMBAT	Lindsay D	Fitzgerald	Jessica	
8:30	EXTREME SPIN	Alissa	Alissa	Alissa	
9:30	ZUMBA	Naomi	Naomi	Naomi	
9:30	YOGA (S2)	JoLynn	JoLynn	JoLynn	
10:30	LOW IMPACT	Rita	Sabrina	Amy G	
12:15	Gentle YOGA (S2)	Kathy	Kathy	Rita	
AQUATICS					
9:00	AQUA FITNESS	Beverly	Beverly	Beverly	
10:15	FLUID MOTION	Lynn	Lynn	Lynn	
SATURDAY		6-Nov	13-Nov	20-Nov	27-Nov
7:30	BODYPUMP	Rambo	Rambo	Katie M	Jason
8:30	BODYSTEP	Brooke	Kris	Jason	Brooke
8:30	RAISEDBARRE (S2)	Stephanie	Stephanie	Ben	Michelle C
8:15	SPIN	Nick	Nick	Beth	Jeff
9:30	BODYATTACK	Lindsey	Lindsey	Morgan	Michelle C
9:30	RPM SPIN	Anna	Els	Cindy	Els
9:30	PILATES (S2)	Kathy	Rita	Wenda	Allison
10:30	BODYCOMBAT	Cindy	Leslie	Cindy	Fitzgerald
10:30	YOGA (S2)	Mary	Julia	Claire	Allison
AQUATICS					
9:00	AQUA FITNESS	Brandi	Lynn	Amanda	Maria
SUNDAY		7-Nov	14-Nov	21-Nov	28-Nov
1:30	BODYSTEP	Laura B	Julia	Brooke	Amy F
1:30	BODYFLOW (S2)	Rambo	Els	Stephanie	Stephanie
1:30	SPIN	Beth	David	Jeff	Sarah N
2:30	BODYPUMP	Julia	Morgan	Amy G	Sarah N
3:30	RAISEDBARRE (S2)	Brandi	Stephanie	Michelle E	Stephanie

HAPPY THANKSGIVING

HONOR ALL WHO SERVED

VETERAN'S DAY is November 11.

November 26

8:30 COMBAT

Join us in wearing PURPLE to help spread awareness for Alzheimer's!



HOLIDAY CHALLENGE NOV 24-JAN 2



HOLIDAY CHALLENGE

Find out why it's a club favorite!

Join the fun and reap the rewards!

Registration begins November 15!

THANKSGIVING HOURS

WEDNESDAY 11/25

Club Hours: 5am - 8pm

Childcare: Normal Morning Schedule.

THURSDAY 11/26 (THANKSGIVING DAY)

Club Hours: 8am - 1pm

Childcare: Normal Morning Schedule.

FRIDAY 11/27 (BLACK FRIDAY)

Club Hours: 8:00am - Normal Closing Time

Childcare: Normal Morning Schedule