

APRIL 2021

GROUP FITNESS SCHEDULE

SPORTSCLUB
GREENVILLE

LES MILLS
ANNUAL
SUPER
LAUNCH
APRIL 17-30

LOOK FOR
LAUNCH TIMES
ON THIS
SCHEDULE.

PICK UP A PUNCH
CARD AND
ATTEND 5
LAUNCH CLASSES
TO BE ENTERED
TO WIN GREAT
PRIZES!

MONDAY		5-Apr	12-Apr	19-Apr	26-Apr
5:30	SPRINT	Amy S	Amy S	Amy S	Amy S
6:00	INTENSE BODY	Jane G	Amy G	Jane G	Amy G
7:30	RAISEDBARRE (S2)	Amy F	Ben	Amy F	Ben
8:30	BODYCOMBAT	Amy F	Jessica	Jessica	Lindsay D
8:30	YOGA (S2)	Julia	Julia	Julia	Julia
8:45	SPRINT	Brandon R	Jeannie	Brandon R	LAUNCH
9:30	PILATES (S2)	Wenda	Wenda	Wenda	Rita
9:30	GRIT	Mary	Brandon R	Mary	Toni
10:30	LOW IMPACT SCULPT	Brandi	Rita	Brandi	Rita
10:40	SIT & BE FIT (S2)	Michele A	Michele A	Michele A	Michele A
12:15	YOGA (S2)	Tyler P	Tyler P	Tyler P	Tyler P
5:00	GRIT	Pam	Jeremy	Jeremy	Mary
5:00	SPRINT	Jason	Sarah N	Alissa	Amy G
5:45	BODYCOMBAT	Pam	Kathleen	Fitzgerald	Jessica
5:45	SPIN	Jason	Alissa	Sarah N	Sarah N
5:45	BODYFLOW (S2)	Rambo	Stephanie	Brandi	Stephanie
6:45	BODYPUMP	Rambo	Jason	Jason	Rambo
AQUATICS					
9:00	AQUA FITNESS	Allison	Allison	Allison	Allison
10:15	FLUID MOTION	Lil	Lil	Lil	Lil
5:45	AQUA FITNESS	Maria	Maria	Maria	Maria
TUESDAY		6-Apr	13-Apr	20-Apr	27-Apr
5:30	YOGA SCULPT (S2)	Rita	Jennifer E	Jennifer E	Jennifer E
6:00	SPIN	Nick	Nick	Nick	Nick
8:30	BODYSTEP	Brooke	Julia	Brooke	Kris
8:30	RAISEDBARRE (S2)	Amy F	Susan M	Susan M	Susan M
8:30	RPM SPIN	Els	Amy G	Anna	Els
9:30	BODYPUMP	Suzanne	Els	Suzanne	Els
9:30	BODYFLOW (S2)	Joanna	Kris	Kris	Kris
11:00	THERAPEUTIC YOGA	Michele A	Michele A	Michele A	Michele A
4:30	BODYPUMP	Anna	Pam	Amy G	Amy G
5:30	LES MILLS CORE	Dina	Pam	LAUNCH	Morgan
5:45	SPIN	Ben	Jeff	Ben	Ben
6:00	BODYATTACK	Dina	Dina	Morgan	LAUNCH
6:00	RAISEDBARRE (S2)	Stephanie	Rambo	Stephanie	Brandi
7:00	ZUMBA 🤪	Yesika	Yesika	Yesika	Yesika
AQUATICS					
9:00	AQUA FITNESS	Beverly	Beverly	Beverly	Beverly
5:45	AQUA FITNESS	Lynn	Lynn	Lil	Lynn
WEDNESDAY		7-Apr	14-Apr	21-Apr	28-Apr
5:30	PEDAL & PUMP	Katie M	Jeannie	Katie M	Jeannie
7:30	RAISEDBARRE (S2)	Amy S	Amy S	Amy S	Amy S
8:30	GRIT	Mary	Anna	LAUNCH	Amy G
8:30	YOGA (S2)	Hyejin	Hyejin	Hyejin	Hyejin
9:00	SPRINT	Brandon R	Alissa	Rachel	Alissa
9:30	BODYPUMP	Morgan	Alissa	Els	Alissa
9:30	PILATES (S2)	Amanda	Amanda	Amanda	Amanda
10:30	LOW IMPACT SCULPT	Suzanne	Suzanne	Suzanne	Suzanne
10:30	RAISEDBARRE (S2)	Amy F	Michelle C	Brandi	Amy F
4:45	BODYCOMBAT	Jessica	Pam	Dina	Fitzgerald
5:00	SPRINT	Amy G	Sarah N	Laura B	Sarah N
5:45	GRIT	Justin	Pam	Justin	Mary
5:45	SPIN	Amy G	Sarah N	Laura B	Sarah N
5:45	POWER YOGA (S2)	JoLynn	FLOW; Stephanie	JoLynn	FLOW; Stephanie
6:15	BODYPUMP	Jason	Katie M	Jason	Katie M
AQUATICS					
9:00	AQUA FITNESS	Beverly	Beverly	Beverly	Beverly
10:15	FLUID MOTION	Michele A	Michele A	Michele A	Michele A

LES MILLS
UNLEASHED
ANNUAL SUPER LAUNCH

Don't miss
this EPIC
LAUNCH
at all three
Sportsclub
locations!

APRIL 2021

GROUP FITNESS SCHEDULE

SPORTSCLUB
GREENVILLE

THURSDAY		1-Apr	8-Apr	15-Apr	22-Apr	29-Apr
5:30	YOGA SCULPT (S2)	Sabrina	Sabrina	Sabrina	Sabrina	Sabrina
5:30	SPIN	Christi	Christi	Christi	Christi	Christi
6:30	LESMILLS CORE	Christi	Christi	Christi	Christi	Christi
8:30	BODYPUMP	Brandon R	Anna	Suzanne	Alissa	Els
8:30	RAISEDBARRE (S2)	Amy F	Amy F	Michelle C	Michelle C	Michelle C
8:30	RPM SPIN	Anna	Els	Els	Els	Amy G
9:30	BUTTS N GUTS	Amy F	Amy F	Michelle C	Michelle C	Michelle C
9:30	BODYFLOW (S2)	Joanna	YOGA; Mary	Joanna	LAUNCH	Joanna
10:00	ZUMBA	Amber	Jen H	Naomi	Jen H	Naomi
4:30	BODYPUMP	Amy G	Morgan	Amy G	Amy G	Pam
5:30	LESMILLS CORE	Jason	Morgan	Jason	Amy G	Pam
5:30	RAISEDBARRE (S2)	Rambo	Rambo	Brandi	Rambo	Brandi
5:45	SPIN	Ben	Jane G	Ben	Ben	Ben
6:00	BODYSTEP	Jason	Laura B	Jason	Brooke	Brooke
7:00	ZUMBA	Yesika	Shelley	Pearl	Yesika	Yesika
AQUATICS						
9:00	AQUA FITNESS	Lil	Lynn	Lynn	Lynn	Lynn
5:45	AQUA FITNESS	Lil	Amanda	Maria	Maria	Maria
FRIDAY		2-Apr	9-Apr	16-Apr	23-Apr	30-Apr
5:30	GRIT	Brandon R	Jeremy	Brandon R	Brandon R	Brandon R
6:00	INTENSE BODY	Brandon R	Jane G	Jeannie	Jeannie	Sarah N
7:30	RAISEDBARRE (S2)	Amy F	Ben	Amy F	Ben	Amy F
8:30	BODYCOMBAT	Jessica	Pam	Fitzgerald	Jessica	Kathleen
8:30	SPIN	Alissa	Ben	Alissa	Alissa	Alissa
9:30	ZUMBA	Amber	Jen H	Amber	Amber	Amber
9:30	YOGA (S2)	JoLynn	Teri	Teri	JoLynn	JoLynn
9:45	SPRINT	Anna	Laura B	Amy G	Rachel	Rachel
10:30	LOW IMPACT	Rita	Laura B	Toni	Toni	Rita
12:15	Gentle YOGA (S2)	Rita	Kathy	Allison	Kathy	Teri
AQUATICS						
9:00	AQUA FITNESS	Beverly	Beverly	Allison	Allison	Allison
10:15	FLUID MOTION	Lil	Lynn	Lynn	Lynn	Lynn
SATURDAY		3-Apr	10-Apr	17-Apr	24-Apr	
7:30	BODYPUMP	Jason	Katie M	Jeannie	LAUNCH	
8:30	BODYSTEP	Kris	Julia	LAUNCH	Brooke	
8:30	RAISEDBARRE (S2)	Harper	Rambo	Michelle C	Brandi	
8:15	SPIN	Nick	Nick	Nick	Nick	
9:30	BODYATTACK	Morgan	Morgan	Michelle C	Morgan	
9:30	RPM SPIN	Anna	Els	Amy G	LAUNCH	
9:30	PILATES (S2)	Rita	Amanda	Jesse	Mary	
10:30	BODYCOMBAT	Fitzgerald	Amy F	LAUNCH	Kathleen	
10:30	YOGA (S2)	Rita	Teri	Teri	Mary	
AQUATICS						
9:00	AQUA FITNESS	Lil	Lil	Maria	Lynn	
SUNDAY		4-Apr	11-Apr	18-Apr	25-Apr	
1:30	BODYSTEP	Happy Easter No group fitness today	Laura B	Amy F	Julia	
1:30	BODYFLOW (S2)		Kris	Brandi	Rambo	
1:30	SPIN		Els	Amy G	Els	
2:30	BODYPUMP		Morgan	Amy G	Els	
3:30	RAISEDBARRE (S2)		Harper	Amy F	Rambo	

**FITNESS
REVIEW
week**

Sign up at the front desk
April 18-24!

✓ GET EXPERT
ADVICE

✓ CHECK YOUR
PROGRESS

✓ FINE TUNE
YOUR WORKOUT

