

SEPTEMBER '10

TIME	MON.	TUES.	WED.	THUR.	FRI.	SAT.
5:45 AM		Super Step Arizona	GROUP POWER Manuela	GROUP RIDE @ Ride Room		
8:30 AM	GROUP STEP Maribel		GROUP STEP Kim			
9:30 AM	GROUP POWER Maribel	GROUP RIDE @ Ride Room	GROUP POWER Kim	GROUP RIDE @ Ride Room	GROUP POWER Kim	INSTRUCTOR CHOICE 9:00am
10:30 AM					GROUP CENTERGY Laura	BOMEB @ BOMEB 10:00am
4:30 PM	GROUP CENTERGY Kim		GROUP STEP Bernice			GROUP CENTERGY 11:00am
5:30 PM	GROUP STEP Bernice	GROUP POWER Bernice	GROUP CENTERGY Georgiann	GROUP POWER Maribel	ZUMBA TONE Morgan	
6:30 PM	GROUP POWER John	Step & sculpt Marie		GROUP CENTERGY Maribel		

"A" Room

POOL

TIME	MON.	TUE.	WED.	THU.	FRI.	SAT.
8:30 am	AQUA MOVES Donna	AQUA MOVES Donna	AQUA MOVES Donna	AQUA MOVES Tracy E	AQUA MOVES Marie	(9:00 am) AQUA BLAST
11:15 am	SILVER SPLASH Ruth		SILVER SPLASH Ruth		SILVER SPLASH Ruth	
6:00 pm	AQUA WORKS Marie	H2O LATINJAM Maribel		AQUA WORKS Donna		

TIME	MON.	TUES.	WED.	THURS.	FRI.	SAT.
10:30 am		SHAPE UP! w/Mary Lee	SHAPE UP! w/Mary Lee	SHAPE UP! w/Mary Lee		
5:30 pm						

"B" Room

INDOOR CYCLING



@ Court #7
Mon, Tue
Wed & Thurs. @ 10:00am
Fri. Yoga Stretch @ 9:30

TIME	MON.	TUES.	WED.	THUR.	FRI.	SAT.
5:45am				GROUP RIDE Manuela		
9:30am		GROUP RIDE Maribel		GROUP RIDE Kim C		
5:30pm						
6:30pm		GROUP RIDE Manuela		Free Cycling Marie		

Club Hours:

M – Th:

5:00am - 10:00pm

Friday:

5:00am - 9:00pm

Saturday:

8:00am - 7:00pm

Sunday:

12:00pm - 5:00pm

Membership Hours:

M – Th:

10:00am - 7:00pm

Friday:

10:00am – 5:00pm

Saturday:

10:00am- 2:00pm



**5951 Cliffdale Road
Fayetteville, NC 28314
(910) 864-3303
www.sportscenterfnc.com**

Nursery Hours:

M – F:

8:00am – 12:30pm

3:30pm – 8:00pm

Saturday:

8:00am-1:00pm

Business Office:

Mon-Wed 9:00-5:00

Thurs 9:00-5:00

Friday 9:00-5:00

Class Descriptions



GROUP POWER™ "GROUP POWER is your hour of power! This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover GROUP POWER!"



GROUP STEP™ "Discover new heights with GROUP STEP! Utilizing the step in many positions and heights, this compelling 60-minute cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with GROUP STEP."



GROUP CENTERGY™ "Redefine your self with GROUP CENTERGY. Grow longer and stronger as you explore this 60-minute journey of yoga and Pilate's movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile. Discover Group Centergy."



A unique physical activity program designed to encourage Medicare-eligible members to increase their physical activity. This program incorporates fun, social programming with an exercise program that enhances independent living skills. **NOTE: DONE ON COURT#7, MON. AND WED. STRENGTHING CLASS TUE. AND THR. CARDIO AT 9:30AM & 10:00AM.**

AB-BLAST -30-45 minutes of abdominal and lower back exercises that build strength and aid in core conditioning.

AQUA WORKS and AQUA MOVES - A low-impact cardiovascular and toning done in the pool.

BODYSULPT - A muscle-shaping, strength, and flexibility class designed for all levels of fitness.



GROUP RIDE™ "Everyone finish first in Group Ride! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60-minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On!"

Zumba - The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

SILVER SPLASH - A pool workout designed to relieve arthritic stress points while helping to maintain flexibility and improve mobility

FREE CYCLING - Freestyle indoor cycling for all levels of fitness.

SHAPE UP! -Enjoy toning and relaxation exercises with a low-impact aerobic portion.

SUPER STEP & SUPER CARDIO Freestyle step workouts designed for fun and results.