SEACOAST
SPORTS CLUB

ATLANTIC GROUP FITNESS SCHEDULE

BEGINS 3/26/18

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
5:30am	BOOTCAMP BLAST Pamela	LesMills RPM Maggie	LesMills BODYPUMP 45 mins Maggie		LesMills BODYCOMBAT Jocelyn	7:30am	LesMills BODYSTEP ATHLETIC Olivia	
7:30am	LesMills BODYVIVE 3.1 Katie	LesMills BODYPUMP Allison	LesMills BODYVIVE 3.1 Giovanna	LesMills BODYSTEP Giovanna	LesMills BODYFLOW Allison	8:00am	LesMills BODYPUMP Denise	LesMills BODYCOMBAT Jocelyn
8:30am			Functional Strength for Athletes Jen	LesMills CXWORX Danielle		9:00am	LesMills SH'BAM Danielle	YOGA Laurel
9:15am	Functional Strength for Athletes Jen SPIN Carla	LesMills BODYPUMP LesMills CXWORX 30/30 Danielle	SPIN Carla	BARRE Olivia LesMills RPM Allison	LesMills BODYPUMP Danielle SPIN Carla		LesMills RPM Mariah	
9:30am			YOGA Christine				PLEASE MAKE NOTE OF WEEKEND CLASS TIMES	
10:30am	Silver Strength Katie	Silver Strength Katie	Chair Yoga Pam	Silver Sneakers Pam	Silver Strength Katie			
5:15pm	LesMills BODYSTEP LesMills BODYFLOW Olivia	LesMills RPM Mariah	LesMills BODYVIVE 3.1 Katie	LesMills BODYPUMP Mariah	LesMills RPM LesMills CXWORX Mariah			
6:15pm	LesMills BODYPUMP Jenna	BARRE Olivia	LesMills CXWORX LesMills SH'BAM 30/30 Danielle	LesMills BODYCOMBAT Denise				

GROUP TRAINING *see front desk for pricing

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6am			LesMills GRIT Denise					
7:15am						7:15am	TRX Suspension Training Denise	
8:20am		Some Like It Fit Jen			Some Like It Fit Jen			
8:45am	LesMills GRIT Danielle		LesMills GRIT Danielle					
5:30pm		LesMills GRIT Denise	TRX Suspension Training Denise	LesMills GRIT Denise				

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Danielle Hornsby, Group Fitness Director Danielle@SeacoastSportsClubs.com

ATLANTIC CLASS DESCRIPTIONS

More information can be found at www.lesmills.com

LesMills BODYCOMBAT The fiercely energetic martial arts workout where you are totally unleashed and empowered! Mixed with some HIIT, this is an incredibly well rounded kick butt class!

LesMills BODYJAM A cardio workout with the latest dance styles and the hottest new sounds. Building blocks of choreography so by the end of class you'll know 2 entire dance routines!

LesMills BODYPUMP Challenge yourself with the original barbell class that strengthens and tones your entire body. Squats, Chest, Back & Hamstrings, Triceps, Biceps, Lunges, Shoulders & Abs! Hit every muscle in one hour!

LesMills BODYVIVE 3 different workouts in 1 class! Cardio, Strength and Core. Lets you get in shape at your own pace with a low-impact workout that leaves you fizzing with energy.

LesMills CXWORX The intensely challenging 30-minute core workout that gets you results where it counts the most.

LesMills SH'BAM Lets you be the star of your own dance out! 45 minutes of simple styles of dance to the hottest music. Each track has its own choreography and there are NO rules!

LesMills BODYFLOW The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.

LesMills RPM CYCLE! Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. 45 minutes.

LesMills BODYSTEP Using a height-adjustable step and simple movements. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body. For those looking to increase the intensity and drive phenomenal results the circuit styled functional training of the BODYSTEP™ Athletic variation is ideal.

Bootcamp: A group circuit that mixes cardio and strength for a total body workout

Silver Strength: A combination of strength and aerobic training for the young at heart!

Chair Yoga: Integrating a chair into yoga, this class is for seniors and anybody looking to enjoy a low impact workout!

Functional Strength for Athletes: A total body workout offering functional training movements formatted in an interval manner to get you to move, feel, and look like an athlete. Progressions and regressions are offered for every fitness level. This class focuses on multi-joint strength exercises alongside of core, power, and agility movements in every plane of motion resulting in an explosion of endorphins.

Barre: Taught by Olivia Allen, MFA Ballet this class is designed to lift, tone and sculpt! Incorporates barre work, core exercises and light weights.