

SSC WEST END GROUP FITNESS

| | MON | TUES | WED | THUR | FRI | | SAT | SUN |
|---------|-----------------------------|--------------------------|-----------------------------------|-----------------------------|------------------------------|---------|---------------------------|--------------|
| 6am | RPM Kristen | Body Pump Kristen | RPM Jay | Body Pump Nancy | Spin Christine | 8:15am | RPM Angela | 8:30am |
| | HEAT Derek | | HEAT Chris | | TRX Lauren | | Power Yoga Michelle | |
| 9:15am | Barre Lynn | Body Pump Lee / Megan | Body Combat Jocelyn/ Meg | Barre Julia | Body Pump Lynn | 9:15am | Body Pump Chris / Lee | 8:45am |
| | HEAT Meg | | HEAT Heather | TRX Heather | RPM Kristen / Lee | | | |
| | RPM Lynn S | | Spin Trapper | RPM Lee | Spin Trapper | | | |
| 10:15am | Yoga Lynn | | Barre Julia | Core Yoga Fusion Lynn | Yoga Izzi | | HEAT Ashley | 10am |
| 12:15pm | HEAT Heather | TRX Heather | HEAT Meg | Body Pump Megan | Body Combat Meg | 10:15am | Barre Express Lynn | Yoga Lynn |
| | RPM Natalie | | 30 min HIIT Spin Nick | Spin Sarah | HEAT/TRX Combo Heather | | | |
| 4:30pm | Body Combat Elizabeth | HEAT Chris | Body Pump Angela | Barre Mackenzie | Yoga Lynn | | | |
| | | RPM Lee | Pilates Deb | | Pilates Deb | | | |
| 5:30pm | Body Pump Lindsay | Body Combat Kelly | Barre Mackenzie | Body Pump Matt | | | | |
| | HEAT Lauren | | Striking Andrew | | | | | |
| | RPM (5:45pm) Harmani | | | | | | | |
| 6:00pm | | RPM Chris | | RPM Jay | | | | |
| 6:30pm | Pilates Deb | Yoga Carli | Yoga Lynn S. | Power Yoga Michelle | | | | |
| | TRX Lauren | | | | | | | |

***BEGINS SATURDAY
MARCH 3rd***



SEACOAST
SPORTS CLUB

Regional Group Fitness Director

Chris Clifford

chris@seacoastsportsclubs.com

WEST END

95 Brewery Lane
Portsmouth, NH
603-431-1430

GREAT BAY

191 Exeter Road
Newmarket, NH
603-659-3151

GREENLEAF

8 Greenleaf Woods Drive
Portsmouth, NH
603-436-6664

ATLANTIC

920 Lafayette Road
Seabrook, NH
603-474-8200

HAMPTON

311 Winnacunnet Road
Hampton, NH
603-758-7181

WEST END CLASS DESCRIPTIONS

BODYCOMBAT™

- is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness.

BODYPUMP™

- is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

RPM™

- is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high. Classes are 45-50 minutes unless otherwise noted.

BARRE

- Barre uses a combination of postures inspired by ballet and other disciplines like yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of-motion movements. Express class is the same great workout in only 45 minutes!

H.E.A.T.

- High Energy Athletic Training! Our specialized H.E.A.T. trainers will take you through a High Energy circuit that will focus on unique and beneficial exercises that will make you feel your muscles burn right from the start. Through Corrective Exercise and proper form you will be able to accomplish new Athletic abilities you never even thought were imaginable.

PILATES

- Toning and stretching in a non impact format, with a focus on abdominals and core strengthening. Just bring a mat!

SPIN

- Challenge your cardiovascular and muscular endurance in a musical journey through steep hills, killer flats, rolling hills, sprints and much more. Each instructor has a unique style-both musically and in the feel of the class-Classes are 45-50 minutes. 30-min HIIT Spin includes high intensity intervals to maximize your work in just 30 minutes!

STRIKING

- This class will push your fitness to new levels! It will offer boxing and other martial arts style techniques, bag and pad striking along with other conditioning exercises.

TRX

- Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises.

HEAT/TRX COMBO

- One round of our HEAT workout then move on to a 30 min TRX class!

YOGA

- the mind body workout that will improve strength, flexibility and balance. Each yoga instructor brings a different feel and focus to their yoga classes so check them all out and see what you like. Please bring a mat with you!

YOGA/CORE FUSION

- this workout takes the best of yoga and core training and puts it together! Increase your flexibility, core strength and balance in this workout!