

A (Studio A) – 3 rd Floor	Yoga Studio – 2 nd Floor
B (Studio B) – 2 nd Floor	FF (Fitness Floor) – 3 rd Floor
SR (Spinning Room) – 2 nd Floor	Track- 3M
SC 5&6 - 2 nd Floor	* = add/change

Group Exercise Hotline: (215) 985-9193/Main Number: (215) 985-9876
 Hannah Purbe, Group Fitness Coordinator: (267) 918-4354

The Sporting Club Group Exercise Schedule

Effective February 1, 2012

Spinning sign-up starts 45min prior to class

TRX sign-up starts 30min prior to class

* Indicates new/change

MONDAY				
	STUDIO	TIME	INST	MIN.
Spinning	SR	6:30am	Glenn	45
Yin Yoga*	Yoga Studio	7:00am	Felicia	60
Just Clif	A	9:30am	Clif	60
Pilates/TRX*	B	10:00am	Fania	60
Aqua Fit	Pool	10:30am	Sybil	60
Express Yoga	Yoga Studio	11:30am	Tara	45
ABS on the floor	A	12:15pm	Hector	15
Tai-Fit & Abs	A	12:30pm	Lawrence	60
Spinning	SR	12:30pm	Shoshana	45
Ashtanga Yoga	Yoga Studio	12:30pm	Philip	60
Power Core	A	5:00pm	Hannah	25
Zumba	A	5:30pm	Sonia	60
Vinyasa Yoga	Yoga Studio	5:30pm	Lindsay	75
The Boxer's Workout	SC5&6	5:45pm	Clif	60
Spinning	SR	5:45pm	Hannah	55
Power 60	A	6:30pm	Edwina	60
Spinning	SR	7:00pm	Judy	45
Gentle Vinyasa Yoga	Yoga Studio	7:00pm	Lindsay	75
Rowing	B	7:00pm	Paul	45
QiGong	A	7:30pm	Kevin	60

THURSDAY				
	STUDIO	TIME	INST	MIN.
Spinning	SR	6:15am	Glenn	45
Weights & Cardio*	A	7:00am	Brynn	60
Athletic Yoga	Yoga Studio	7:00am	Glenn	60
Weights & ABS	A	9:30am	Meredith	60
Yoga Blend	Yoga Studio	10:30am	Meredith	60
TRX	SC 5&6	12:00pm	Hector	30
Align & Flow & Yoga	Yoga Studio	12:45pm	Gina	60
ABS on the Floor	A	12:15pm	Steve	15
Boot Camp	A	12:30pm	Deryl	60
Spinning	SR	12:30pm	Jen	45
Weight Training	B	5:30pm	Lee	60
Vinyasa Yoga	Yoga Studio	5:30pm	Chae	75
Spinning	SR	5:45pm	Robby	45
TRX & Abs	SC 5&6	6:00pm	Caitlin	60
Step 'n' Sculpt	B	6:30pm	Lee	60
Zumba	A	7:00pm	Jamie	60
Hatha Yoga	Yoga Studio	7:00pm	Don	60
Power Core	B	7:30pm	Lee	30

TUESDAY				
	STUDIO	TIME	INST.	MIN.
Spinning	SR	6:00am	Judy	45
The Boxer's Workout	SC 5&6	6:30am	Clif	60
Gentle Vinyasa	Yoga Studio	7:00am	Kate	60
Weights & Cardio*	A	7:00am	Shoshana	60
QiGong	A	8:15am	Kevin	60
Weight Training	A	9:30am	Clif	60
Stretch & Renew	Yoga Studio	10:30am	Tara	75
ABS on the floor	A	12:15pm	Steve	15
Pilates Core Express*	A	12:30pm	Bernadette	30
Align & Flow Yoga	Yoga Studio	12:45pm	Gina	60
Spinning	SR	12:30pm	Michelle	45
TRIPLE XXX	TRACK	12:30pm	Andrew	30
Cardio Kick Boxing	SC 5&6	12:30pm	Lawrence	60
Jazz You Up	A	5:30pm	Besiana	60
Weight Training	B	5:30pm	Lee	60
Vinyasa Yoga	Yoga Studio	5:30pm	Chae	60
Spinning	SR	6:00pm	Hayley	45
TRX	SC 5&6	6:00pm	Caitlin	45
Interval Training	A	6:30pm	Bob	30
Pilates Mat (Interm.)	Yoga Studio	6:45pm	Marie	45
TRX	SC 5&6	7:00pm	Caitlin	45
Power ABS	A	7:00pm	Bob	30
Core Fit & More	A	7:30pm	Bob	60
Hatha Yoga	Yoga Studio	7:30pm	Toni	60

FRIDAY				
	STUDIO	TIME	INST.	MIN.
Spinning	SR	6:30am	Russell	45
Athletic Yoga	Yoga Studio	7:00am	Glenn	60
Weights & Cardio*	A	7:00am	Rebecca	60
Morning Movement*	A	9:00am	Sybil	30
Stretch*	A	9:30am	Sybil	30
Aqua Fit	Pool	10:30am	Sybil	60
Yoga Stretch	Yoga Studio	11:30am	Shella	60
eXtreme Fit	B	12:00pm	Steve	60
Ashtanga Yoga	Yoga Studio	12:30pm	Philip	60
Spinning	SR	12:30pm	Kim	45
Athletic Yoga	Yoga Studio	5:30pm	Glenn	60
Zumba	A	5:45pm	Gail	60
Spinning	SR	6:00pm	Robby	45

Club Hours:
 Monday – Thursday 5am-11pm
 Friday 5am-9pm
 Saturday & Sunday 8am-7pm

WEDNESDAY				
	STUDIO	TIME	INST.	MIN.
Spinning	SR	6:00am	Judy	45
Vinyasa Yoga	Yoga Studio	7:00am	Remi	60
Pilates Mat	A	7:00am	Marie	60
Movement, stretch & tone	A	9:00am	Sybil	60
Pilates Mat (Intro)	A	10:00am	Fania	60
Aqua Fit	Pool	10:30am	Sybil	60
eXtreme Fit	B	12:00pm	Steve	60
ABS on the Floor	A	12:15pm	Hector	15
Vinyasa Yoga	Yoga Studio	12:30pm	Vera	60
Zumba	B	12:30pm	Gail	60
Tai-Fit Bound/Abs	A	12:30pm	Lawrence	60
Spinning	SR	12:30pm	Shoshana	45
Just Clif	B	5:30pm	Clif	60
Vinyasa Yoga	Yoga Studio	5:30pm	Lindsay	75
Spinning	SR	5:45pm	María	45
Nitro	A	6:00pm	Hector	60
The Boxer's Workout	SC5&6	6:45pm	Clif	60
Rowing*	B	7:00pm	Joey	45
Vinyasa Yoga	Yoga Studio	7:30pm	Bruno	60

SATURDAY				
	STUDIO	TIME	INST.	MIN.
Spinning	SR	8:45am	Anthony	60
Hatha Yoga	Yoga Studio	9:00am	Don	60
Circuit Breaker	A	10:00am	Anthony	60
Vinyasa Yoga	Yoga Studio	10:30am	Remi	75
Zumba	A	11:15am	Jamie	60
The Boxer's Workout	SC 5&6	12:15pm	Clif	60
Vinyasa Yoga	Yoga Studio	12:15pm	Remi	75

SUNDAY				
	STUDIO	TIME	INST.	MIN.
Weight Training	A	9:00am	Clif	60
Spinning	SR	9:00am	Alt Instr.	60
Vinyasa Flow	Yoga Studio	10:00am	Lindsay	60
TRX	SC5&6	10:00am	Hector	45
Cardio TKO	B	10:15am	Clif	60
Pilates Mat*	A	11:15am	Fania	60
Zumba	A	12:15pm	Jamie	60
Vinyasa Yoga	Yoga Studio	12:30pm	Lindsay	75
Spinning	SR	4:00pm	Glenn	45