

Southport Racquet Club Group Fitness Schedule: Effective **January 16, 2012**  
 (203) 259-0882

**\*Note:** All-Level Indoor Tri-Training is a 4-week series meeting on 1/5, 1/12, 1/19 and 1/26.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:15 PEDAL & PUMP Erik	5:15-6:15 SPINNING Emma	5:30-6:30 BOOTCAMP Emma	6:00-7:00 BODYPUMP Karen	5:15-6:15 PEDAL & PUMP Tim	7:30-8:25 SPINNING Deb	8:20-9:25 BODYPUMP Carrie
7:30-8:25 SYLVIA'S YOGA Sylvia	7:15-8:15 VINYASA YOGA Gail	7:30-8:25 SYLVIA'S YOGA Sylvia	7:15-8:15 VINYASA YOGA Gail	7:30-8:25 SYLVIA'S YOGA Sylvia	7:30-8:25 VINYASA YOGA Terri	8:30-9:25 SPINNING Larry
7:30-8:25 SPINNING Larry	8:30-9:25 PILATES SCULPT Karen	7:30-8:25 SPINNING Deb	8:30-9:25 SPINNING Kim	7:30-8:25 SPINNING Karen	8:30-9:25 SPINNING Tim	9:30-10:25 STABILITY BALL BODY SCULPT Stephanie
8:30-9:25 CORE BOARD Cyrece	8:30-9:25 BOXING CONDITIONING Paul S.	8:30-9:25 ZUMBA Karen	8:30-9:25 BALANCE & POWER Stephanie	8:30-9:25 BODY SCULPT Kim	8:30-9:25 SUPERSCULPT Kim	9:30-10:25 PILATES SCULPT Nicole
8:30-9:25 BODY SCULPT Kim	8:30-9:30 BEGINNER'S YOGA Gail	8:30-9:25 CHANGE IT UP! Kim & Cyrece	9:30-10:25 CARDIO FUSION Cyrece	8:30-9:25 CARDIO COMBO Karen	9:30-10:30 BARRE ESSENTIAL Deb	10:30-11:30 DANCE EXPLOSION Stephanie
9:00-9:30 3-2-1 Jenn	9:30-10:25 BODY SCULPT Cyrece	9:00-9:30 3-2-1 Jenn	9:30-10:45 VINYASA YOGA Gail	9:30-10:25 BODY SCULPT Cyrece	9:30-10:25 4X4 Jenn	10:30-11:45 CORE VINYASA YOGA Laura
9:30-10:25 BODYPUMP Deb	9:30-10:25 SPINNING Tim	9:30-10:25 BARRE ESSENTIAL Deb	10:30-11:30 LATIN GROOVES Eddie	9:30-10:25 TRX BODY BLAST PLUS Deb	10:30-11:30 ZUMBA Karen	4:00-5:30 PEDAL & OM Terri
9:30-10:25 SPINNING Emma	10:30-11:30 QIGONG & TAI CHI Julie	9:30-10:25 CORE BOARD Cyrece	11:30-12:30 CARDIO DANCE JAM Eddie		10:45-12:00 CORE VINYASA YOGA Laura	
10:40-11:55 VINYASA YOGA Gail		10:30-11:30 DANCE EXPLOSION Stephanie				
10:30-11:30 ZUMBA Karen						
6:00-6:55 BODYPUMP Erik		6:00-7:00 BODYPUMP Deb	6:00-7:00 ALL-LEVEL TRI-TRAINING* Perry	6:00-7:00 SPINNING Peter		
6:00-6:55 ZUMBA Karen		6:30-7:25 SPINNING Emma	6:30-7:25 SPINNING Erik			
7:15-8:15 SUKHA FLOW YOGA Susan	6:15-7:10 SPINNING Peter	7:15-8:15 SUNSET YOGA Terri	7:30-8:30 BODYCORE Peter			
7:15-8:10 SPINNING Erik	7:15-8:15 TRX BODY BLAST PLUS Beth					

**CLUB HOURS**  
 Monday-Thursday  
 5:00am-10:00pm  
 Friday: 5:00am-8:00pm  
 Sat: 7:00am-6:00pm  
 Sun: 8:00am-6:00pm

**BABYSITTING HOURS**  
 Monday-Friday:  
 8:30am-12:00pm  
 Sat: 8:15am-1:00pm

Studio 1  
 Studio 2  
 Studio 3 (Court 2)  
 Studio 4 (Court 4)