



SAC Group Fitness Schedule JULY 2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|---|---|--|
|  | | USA SPIRIT WEEK July 1- USA Team Day 🏆🌐🌐 July 2- Liberty Leggings Day July 3- Stars & Sweat ★ July 4- Freedom Fitness Celebration ❤️❤️❤️ | 1 5:45am Spin - Jarrett 8:30am Barre - Amanda 9:30am Aquafit -Fred X 5:45pm NO Yoga 6:00pm Deep Water - Gail ❤️❤️❤️ | 2 5:45am HIIT-bata - Lori S 9:30am Strength -Ruth 9:30am Aqua w/o - Doug 10:45am BA Seniors - Ruth 5:45pm Barre - Mary Kate ❤️❤️❤️ | 3 5:45am Power Pedal - Jarrett X 9:30am-NO Strength+cardio+stretch 9:30am Aquafit -Fred ❤️❤️❤️ | 4 ❤️❤️❤️ 8:30 am Freedom Fitness - Ruth ❤️❤️❤️ |
| 5 X 10:30am NO Cardio Kick X 11:00am - NO Core & Restore | 6 5:45am Spin - Jarrett ★ 9:30am Circuits - Guillermo 9:30am Aquafit -Gail X 5:45pm NO class 6:00pm Deep Water - Gail | 7 5:30am Metabolic Charge - Britt 9:30am Pilates Sculpt - Ruth 9:30am Aquafit -Fred 10:45am BA Seniors - Ruth 5:45pm Strength Lab - Lori | 8 5:45am Spin - Jarrett X 8:30am NO Barre 9:30am Aquafit -Fred 5:45pm Yoga - Margaret 6:00pm Deep Water - Gail | 9 5:45am HIIT-bata - Lori S 9:30am Strength -Ruth 9:30am Aqua w/o - Doug 10:45am BA Seniors - Ruth 5:45pm Barre - Mary Kate | 10 5:45am Power Pedal - Jarrett 9:30am-Strength+cardio+stretch - Holly 9:30am Aquafit -Fred ★ 5:45pm Circuits - Guillermo | 11 X 8:30 am NO Strength |
| 12 10:30am Cardio Kick - Mandy 11:00am - Core & Restore (stretch) - Mandy | 13 5:45am Spin - Jarrett ★ 9:30am Circuits - Guillermo 9:30am Aquafit -Gail X 5:45pm NO class 6:00pm Deep Water - Gail | 14 5:30am Metabolic Charge - Britt X 9:30am NO Pilates Sculpt 9:30am Aquafit -Fred X 10:45am NO BA Seniors 5:45pm Strength Lab - Lori | 15 X 5:45am NO Spin X 8:30am NO Barre 9:30am Aquafit -Fred 5:45pm Yoga - Margaret 6:00pm Deep Water - Gail | 16 5:45am HIIT-bata - Lori S X 9:30am NO Strength 9:30am Aqua w/o - Doug X 10:45am NO BA Seniors 5:45pm Barre - Mary Kate | 17 X 5:45am NO Spin X 9:30am-NO Strength+cardio+stretch 9:30am Aquafit -Fred ★ 5:45pm Circuits - Guillermo | 18 X 8:30 am NO Strength |
| 19 10:30am Cardio Kick - Mandy 11:00am - Core & Restore (stretch) - Mandy | 20 5:45am Spin - Jarrett ★ 9:30am Circuits - Guillermo 9:30am Aquafit -Gail ★ 5:45pm CardioDance - Amanda 6:00pm Deep Water - Gail | 21 5:30am Metabolic Charge - Britt 9:30am Pilates Sculpt - Ruth 9:30am Aquafit -Fred 10:45am BA Seniors - Ruth 5:45pm Strength Lab - Lori | 22 5:45am Spin - Jarrett 8:30am Barre - Amanda 9:30am Aquafit -Fred 5:45pm Yoga - Margaret 6:00pm Deep Water - Gail | 23 5:45am HIIT-bata - Lori S 9:30am Strength -Ruth 9:30am Aqua w/o - Doug 10:45am BA Seniors - Ruth 5:45pm Barre - Amanda | 24 5:45am Power Pedal - Jarrett 9:30am-Strength+cardio+stretch - Amanda 9:30am Aquafit -Fred ★ 5:45pm Circuits - Guillermo | 25 8:30 am Strength-Amanda ★ 9:15am Core & Stretch - Amanda |
| 26 10:30am Cardio Kick - Mandy 11:00am - Core & Restore (stretch) - Mandy | 27 X 5:45am NO Spin ★ 9:30am Circuits - Guillermo 9:30am Aquafit -Gail ★ 5:45pm CardioDance - Amanda 6:00pm Deep Water - Gail | 28 5:30am Metabolic Charge - Britt 9:30am Pilates Sculpt - Ruth 9:30am Aquafit -Fred 10:45am BA Seniors - Ruth 5:45pm Strength Lab - Lori | 29 X 5:45am NO Spin 8:30am Barre - Amanda 9:30am Aquafit -Fred X 5:45pm NO Yoga 6:00pm Deep Water - Gail | 30 X 5:45am NO HIIT-bata 9:30am Strength -Ruth X 9:30am NO Aqua w/o 10:45am BA Seniors - Ruth 5:45pm Barre - Mary Kate | 31 X 5:45am NO Spin 9:30am-Strength+cardio+stretch - Amanda 9:30am Aquafit -Fred ★ 5:45pm Circuits - Guillermo | ★ = new class format/time X = canceled class See Reverse for Class Descriptions Group Fitness Coordinator Ruth Edwards |

JULY 2026

AQUAFIT - By using your body's natural buoyancy, water reduces joint stress while creating natural resistance to work the muscles. This class includes an aerobic workout, muscle conditioning segment & relaxing stretch. This is a great option for all fitness levels as a complimentary workout method. All ages (14+) and abilities welcome!

BARRE - If you are seeking long lean muscle tone, this class delivers a combination of ballet, Pilates, balance and strength training all in one for all ages.

B.A.S.FITNESS – “Bad Ass Seniors” - Improve strength, flexibility, posture & balance. Exercise at your own pace with resistance tools including bands, balls & weights.

CARDIO KICK - A high energy 30 min workout of fast paced cardio with a sprinkle of kicks and jabs. You'll definitely sweat and watch the calorie burn add up.

CARDIODANCE - You've seen them on the gram and the TikTok--the dance fitness classes that look "oh so fun". Well, now we have our own! No subscription, experience, or special attire needed. You could even show up with 2 left feet. As long as you have a willingness to move your body and have fun, you'll have a blast in this class while also turning up that dial on calories burned.

CIRCUITS - Using stations, you'll be challenged with calisthenics, plyometrics, speed, and agility work to ramp up that conditioning! Of course, you'll hit that core too and your body will turn into a rock solid machine, fat blasting machine.

CORE & RESTORE - In this 30 minute class, 15 minutes of core and abs will light you up and you'll be grateful for the 15 minutes of stretching that follows. A perfect way to begin your week!

CORE & STRETCH - In this 30 minute class, 10-15 minutes of core and abs will light you up and you'll be grateful for the 15-20 minutes of stretching that follows.

DEEP WATER AQUAFIT - your favorite aquatic workouts performed in water deep enough to fully submerge the body, typically up to the neck. It utilizes water's natural resistance to engage multiple muscle groups, providing a low-impact workout that is beneficial for strength, cardiovascular fitness, and joint protection. Don't worry, you can grab a buoyancy belt if you'd like.

DEEP STRETCH & MOBILITY - A class you've been asking for--total body mobility work plus holding stretches to get deep release.

HIIT-BATA - High intensity interval training, tabata style. You'll finish this class hot, dripping, and glad you got it done early.

METABOLIC CHARGE - Short bursts of maximum effort cardio packed into a 30 minute power workout!

PILATES MAT - In this class you will work through the traditional Pilates Mat exercises to connect with your deepest core muscles & find your deepest inner strength. By finding opposition in your body with the Pilates exercises, your core engages deeply & this strength will translate into your everyday life.

PILATES SCULPT - Using the Pilates method as the foundation, instructors will incorporate balls, bands, dumbbells, sliders, and more with compound movements to create a workout that will leave you wondering what just happened. Sculpt, that's what happened. You'll be pleasantly surprised with the number of calories you'll burn and the sweat that will drip.

SPIN™ - Recognized as one of the best non-impact workouts available, our indoor bikes can be perfectly adjusted to suit your fitness level. Spin Plus - 60min.

STRENGTH & STRENGTH LAB - Your favorite total body strength training moves packed into 45 minutes with the best tunes to turn your body into a fat burning machine. Using mini barbells, dumbbells, & weight plates, and the step bench, it's reminiscent of that trademarked class you love so much (initials are LM-wink, wink).

STRENGTH+CARDIO+STRETCH - Get it all in this class that incorporates 15 min of full body tone, 15 min of cardio, and 15 min of deep stretch. Add in a few minutes to warm up to make this a 50 min class.

TABATA - Tabata is famous for metabolic conditioning using intervals. Alternating between hard work and active rest, you will tear it up and walk away with a "kick-ass" attitude.

YOGA - Incorporating breath work, mindfulness, & props, practicing yoga can reduce stress, improve flexibility & strength, enhance mental clarity & focus while supporting overall physical & mental wellbeing. All skill levels welcome. Everyone can find a suitable yoga practice in this class.

Gym Hours

Mon - Thurs: 5am - 9pm

Friday: 5am - 8 pm

Saturday: 8am - 6pm

Sunday: 10am - 6pm

Sportscenter High Point

336-841-0100

Ruth Edwards, Group Fitness Coordinator

Ruthedwards@sportscenterac.com



Nursery Hours

Mon - Thurs: 9am-12pm & 5pm-8pm

Fri: 9am - 12pm

Sat: 8am - 12pm