



SAC Group Fitness Schedule **NOVEMBER 2026**

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<u>1</u> 10:30am Cardio Kick - <i>Mandy</i> 11:00am - Core & Restore (stretch) - <i>Mandy</i>	<u>2</u> 5:45am Spin - <i>Lori</i> 9:30am Circuits - <i>Guillermo</i> 9:30am Aquafit - <i>Gail</i> ★ 10:45am Zumba Gold - <i>Christine</i> 5:45pm CardioDance - <i>Amanda</i> 6:00pm Aquafit - <i>Gail</i>	<u>3</u> 5:30am Metabolic Charge - <i>Britt</i> 9:30am Pilates Sculpt - <i>Ruth</i> ★ 9:30am Aquafit - <i>Doug</i> 10:45am BA Seniors - <i>Ruth</i> 5:45pm Strength Lab - <i>Lori</i>	<u>4</u> X 5:45am NO Spin 9:30am CardioBurn-Guillermo 9:30am Aquafit - <i>Doug</i> ★ 5:45pm Zumba - <i>Christine</i> 6:00pm Aquafit - <i>Gail</i>	<u>5</u> 5:45am HIIT-bata - <i>Lori</i> 9:30am Strength - <i>Ruth</i> 10:45am BA Seniors - <i>Ruth</i> ★ 9:30am Aquafit - <i>Rex</i> 5:45pm Barre - <i>Mary Kate</i>	<u>6</u> 5:45am Power Pedal - <i>Jarrett</i> 9:30am-Barre - <i>Amanda</i> ★ 9:30am Aquafit - <i>Doug</i>	<u>7</u> 8:30 am Strength- <i>Amanda</i> 9:00am Core & Stretch - <i>Amanda</i>
<u>8</u> 10:30am Cardio Kick - <i>Mandy</i> 11:00am - Core & Restore (stretch) - <i>Mandy</i>	<u>9</u> 5:45am Spin - <i>Jarrett</i> 9:30am Circuits - <i>Guillermo</i> 9:30am Aquafit - <i>Gail</i> ★ 10:45am Zumba Gold - <i>Christine</i> 5:45pm CardioDance - <i>Amanda</i> 6:00pm Aquafit - <i>Gail</i>	<u>10</u> 5:30am Metabolic Charge - <i>Britt</i> 9:30am Pilates Sculpt - <i>Ruth</i> ★ 9:30am Aquafit - <i>Doug</i> 10:45am BA Seniors - <i>Ruth</i> 5:45pm Strength Lab - <i>Lori</i>	<u>11</u> 5:45am Spin - <i>Lori</i> 9:30am CardioBurn-Guillermo 9:30am Aquafit - <i>Doug</i> ★ 5:45pm Zumba - <i>Christine</i> 6:00pm Aquafit - <i>Gail</i>	<u>12</u> 5:45am HIIT-bata - <i>Lori</i> 9:30am Strength - <i>Ruth</i> 10:45am BA Seniors - <i>Ruth</i> ★ 9:30am Aquafit - <i>Rex</i> 5:45pm Barre - <i>Mary Kate</i>	<u>13</u> 5:45am Power Pedal - <i>Jarrett</i> 9:30am-Barre - <i>Amanda</i> ★ 9:30am Aquafit - <i>Doug</i>	<u>14</u> 8:30 am Strength- <i>Amanda</i> 9:00am Core & Stretch - <i>Amanda</i>
<u>15</u> 10:30am Cardio Kick - <i>Mandy</i> 11:00am - Core & Restore (stretch) - <i>Mandy</i>	<u>16</u> 5:45am Spin - <i>Lori</i> 9:30am Circuits - <i>Guillermo</i> 9:30am Aquafit - <i>Gail</i> ★ 10:45am Zumba Gold - <i>Christine</i> 5:45pm CardioDance - <i>Amanda</i> 6:00pm Aquafit - <i>Gail</i>	<u>17</u> 5:30am Metabolic Charge - <i>Britt</i> 9:30am Pilates Sculpt - <i>Ruth</i> ★ 9:30am Aquafit - <i>Doug</i> 10:45am BA Seniors - <i>Ruth</i> 5:45pm Strength Lab - <i>Lori</i>	<u>18</u> 5:45am Spin - <i>Holly</i> 9:30am CardioBurn-Guillermo 9:30am Aquafit - <i>Doug</i> ★ 5:45pm Zumba - <i>Christine</i> 6:00pm Aquafit - <i>Gail</i>	<u>19</u> 5:45am HIIT-bata - <i>Lori</i> 9:30am Strength - <i>Ruth</i> 10:45am BA Seniors - <i>Ruth</i> ★ 9:30am Aquafit - <i>Rex</i> 5:45pm Barre - <i>Mary Kate</i>	<u>20</u> 5:45am Power Pedal - <i>Jarrett</i> 9:30am-Barre - <i>Amanda</i> ★ 9:30am Aquafit - <i>Doug</i>	<u>21</u> 8:30 am Strength- <i>Amanda</i> 9:00am Core & Stretch - <i>Amanda</i>
<u>22</u> 10:30am Cardio Kick - <i>Mandy</i> 11:00am - Core & Restore (stretch) - <i>Mandy</i>	<u>23</u> 5:45am Spin - <i>Jarrett</i> 9:30am Circuits - <i>Guillermo</i> 9:30am Aquafit - <i>Gail</i> ★ 10:45am Zumba Gold - <i>Christine</i> 5:45pm Zumba - <i>Christine</i> 6:00pm Aquafit - <i>Gail</i>	<u>24</u> 5:30am Metabolic Charge - <i>Britt</i> 9:30am Pilates Sculpt - <i>Ruth</i> ★ 9:30am Aquafit - <i>Doug</i> 10:45am BA Seniors - <i>Ruth</i> 5:45pm Strength Lab - <i>Ruth</i>	<u>25</u> 5:45am Spin - <i>Jarrett</i> 9:30am CardioBurn-Guillermo 9:30am Aquafit - <i>Doug</i> ★ 5:45pm Zumba - <i>Christine</i> 6:00pm Aquafit - <i>Gail</i>	<u>26</u>  HAPPY THANKSGIVING Gym Closed	<u>27</u> 5:45am Power Pedal - <i>Jarrett</i> 9:30am-Barre - <i>Amanda</i> ★ 9:30am Aquafit - <i>Doug</i>	<u>28</u> 8:30 am Strength- <i>Amanda</i> 9:00am Core & Stretch - <i>Amanda</i>
<u>29</u> X 10:30am NO Cardio Kick X 11:00am NO Core & Restore	<u>30</u> 5:45am Spin - <i>Jarrett</i> 9:30am Circuits - <i>Guillermo</i> 9:30am Aquafit - <i>Gail</i> ★ 10:45am Zumba Gold - <i>Christine</i> 5:45pm CardioDance - <i>Amanda</i> 6:00pm Aquafit - <i>Gail</i>					★ = new class format/time X = canceled class See Reverse for Class Descriptions Group Fitness Coordinator Ruth Edwards

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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.

BONE BUILDING BLITZ – a 10 minute fitness “SNACK” class designed to increase bone density through strength and impact training. It's all standing and packs a punch where you need it most.

CARDIO BURN – Need a cardiovascular kick? This class will give it to you, along with some muscular endurance work. With your metabolism revved up, you won't regret showing up to this class.

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 – ***As temperatures permit for the month of September*** 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).

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.

ZUMBA– If you're looking for an exercise class that feels more like a night out than a workout, Zumba® is the perfect fit for you. With a blend of rhythmic Latin music and high-intensity cardio dance moves, getting in shape is more fun than ever. Get a full-body workout while forgetting you're even exercising by joining the Zumba® dance party!

ZUMBA GOLD—The same as Zumba but designed with the older adult in mind. A little lower intensity and you can even have the option of seated dance.

Gym Hours

Mon - Thurs: 5am – 9pm

Friday: 5am – 8 pm

Saturday: 8am – 5pm

Sunday: 10am – 5pm

Sportscenter High Point

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Ruth Edwards, Group Fitness Coordinator

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Nursery Hours

Mon – Thurs: 9am–12pm & 5pm–8pm

Fri: 9am – 12pm

Sat: 8am – 12pm