



SEACOAST
SPORTS CLUB

SSC ATLANTIC GROUP FITNESS SCHEDULE

	MON	TUES	WED	THUR	FRI	SAT	SUN	
5:30 am	Barre Fusion June	RPM Maggie	BODYPUMP Maggie (45 min)		BODYCOMBAT Jocelyn			
7:30 am	Vive! Katie 7:15 (45 Min)	BODYPUMP Allison O	20/20/20 June	Vive+ Katie 7:15	Strength Flow Allison O			
8:30 am	Functional Training for Athletes Jen 8:20	RPM Giovanna	Barre Melanie/Olivia	Athletic Strength Danielle (30 min)		8:00 am	BODYPUMP Denise	Gentle Yoga Colleen
9:15 am	Spin Carla	BODYPUMP/ Core Blast Danielle	RPM Allison O	Spin Allison Q	Spin Carla	9:00 am	RPM Mariah	Cardio Jam Adrienne
	TBD Lauren 9:30			Cardio Blast Olivia	BODYPUMP Danielle (45 Min)		BODYCOMBAT Denise	
10:30 am	Silver Strength Katie	Silver Strength Katie	Chair Yoga Pam	Silver Sneakers Pam	Silver Strength Katie	10:00 am	Intermediate Yoga Linda/Laurel	
4:00 pm			Pilates Remix Becca					
5:15 pm	Cardio Jam Adrienne	RPM Mariah		BODYPUMP Mariah	RPM Mariah			
pm	HIIT Spin/ Core Blast Jenna 5:45	20/20/20 Allison Q 5:30	Pure Muscle Adrienne 5:30	BODYCOMBAT Denise 6:15				
7:00 pm	Pilates Remix Becca							




All classes are 45 - 55 minutes unless otherwise noted.

See class descriptions for more details or email Adrienne at adrienne@seacoastsportsclubs.com with any questions.

SMALL GROUP TRAINING (See Front Desk for pricing and details)

	MON	TUES	WED	THUR	FRI	SAT	SUN
am	The Slim Down Danielle 9:15	Some Like it Fit Jen 8:30		The Slim Down Danielle 9:15	Some Like it Fit Jen 8:15	Some Like it Fit Jen 8:15	
pm							

SSC ATLANTIC GROUP FITNESS DESCRIPTIONS

	The fiercely energetic martial arts workout where you are totally unleashed and empowered! Mixed with some HIIT, this is an incredibly well rounded kick butt class!
	The original barbell class that strengthens and tones your entire body. Squats, chest, back and hamstrings, triceps, biceps, lunges, shoulders and abs! Hit every muscle in one hour!
	CYCLE! Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. 45 minutes.
Athletic Strength	Strengthen your upper body, lower body, and core with structured exercises designed to energize and burn a ton of calories.
Barre	This class is designed to lift, tone and sculpt! It incorporates barre work, core exercises, and light weights.
Barre Fusion	A blend of Pilates and Barre exercises to build balance, better posture, and strength.
Cardio Blast	A fun, energizing cardio workout followed by a core workout designed to tone muscle and strengthen your abs and core.
Cardio Jam	Shake your booty, dance, and sweat to energizing music in this fun cardio workout that incorporates core, cardio kickboxing, and muscle toning all while having a blast. No dance experience needed.
Chair Yoga	Integrating a chair into yoga, this class is for seniors and anybody looking to enjoy a low impact workout and stretch out!
Core Fusion	Fusing yoga, Pilates, and Barre movement to increase strength, balance, and flexibility. Free weights, stability balls, resistance bands, and body weight may be used. Safe for all levels.
Functional Strength for Athletes	A total body functional training interval workout that gets you moving, feeling, and looking like an athlete. Multi-joint strength and core exercises for power and agility result in an explosion of endorphins.
Gentle Yoga	A great introduction to yoga. Slow and steady movements combined with breathing; a calming way to wake up the body and stretch.
Intermediate Yoga	Movement through various poses to help build muscle strength and endurance. Movement presented at an intermediate level however options will be shown for beginners as well as the more advanced.
Pure Muscle	Build strength and lean muscle in the upper and lower body, and core. Your heart will be pumping in this energetic workout. All levels welcome. Various equipment may be used.
Silver Strength	A combination of strength and aerobic training for the young at heart!
Strength Flow	A challenging yoga/Pilates-based workout that utilizes body weight, handheld weights, and other equipment to build strength and flexibility in a relaxing, yet effective workout.
TBD - Total Body Definition	This workout will strengthen upper body, lower body, and core with easy to follow exercises. Various equipment may be used. Workouts will differ slightly with each instructor.
Vive!	This low impact workout includes cardio, strength, and core work. You will get in shape in this energizing 45-minute workout designed to allow you to go at your own pace.
Vive+	A Vive! workout with extra strength work to build muscle tone and bone density!
20/20/20	This class is designed to give you a total body workout with 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of core/stretching. Suitable for all levels.