

SSC WEST END GROUP FITNESS

	MON	TUES	WED	THUR	FRI		SAT	SUN
6:00am	RPM Kristen	Body Pump Kristen	RPM Jay	Body Pump Nancy	Spin Christine	8:15am	RPM Angela	8:30am
	HEAT Hanna	Spin Sarah	HEAT Chris	Spin Sarah	TRX Haley		Body Combat Team Teach	Power Yoga Michelle/Haley
8:15am					Barre Mackenzie			8:45am
9:15am	Barre Lynn M.	HEAT/TRX Combo Heather	Body Combat Jocelyn/ Meg	Barre Sam	Body Pump Lynn M.	9:15am	Body Pump Lee/Chris	RPM Lee/Kristen
	HEAT Meg			HEAT Heather	TRX Heather		TRX Heather	
	RPM Lynn S.	Body Pump Lee	Spin Trapper	RPM Lee	Spin Trapper		HEAT Ashley	10:00am
10:15am	Yoga Lynn M.		Barre Madeleine	Core Yoga Fusion Lynn M.	Yoga Lynn S.			Yoga Lynn M.
12:15pm	HEAT Sue	TRX Heather	HEAT Meg	Body Pump Megan	Body Combat Meg	10:20am	Barre Express Lynn M.	
	RPM Natalie		30 min HIIT Spin Nick		HEAT/TRX Combo Heather			
4:30pm	Body Combat Meg/ Chris	HEAT Chris	Body Pump Angela	Barre Mackenzie	Yoga Lynn M.			
		RPM Lee	Pilates Deb		Pilates Deb			
5:30pm	Body Pump Matt	Body Combat Kelly/ Jocelyn	Barre Mackenzie	Body Pump Matt				
	HEAT Jeff					SPIN (6:00pm) Deb L.		
	RPM (5:45pm) Harmani		TRX Cate					
6:30pm	Pilates Deb	Power Yoga Mariele	Yoga Lynn S.	Yoga Bonnie				

Schedule begins
May 1, 2019

**All classes are 45-55 minutes
unless otherwise noted



SEACOAST
SPORTS CLUB

Regional Group Fitness Director

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WEST END

95 Brewery Lane
Portsmouth, NH
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GREAT BAY

191 Exeter Road
Newmarket, NH
603-659-3151

GREENLEAF

8 Greenleaf Woods Drive
Portsmouth, NH
603-436-6664

ATLANTIC

920 Lafayette Road
Seabrook, NH
603-474-8200

WEST END CLASS DESCRIPTIONS

BODYCOMBAT™

- is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness.

BODYPUMP™

- is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

RPM™

- is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high. Classes are 45-50 minutes unless otherwise noted.

BARRE

- uses a combination of postures inspired by ballet and other disciplines like yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of-motion movements. Express class is the same great workout in only 45 minutes!

H.E.A.T.

- High Energy Athletic Training! Our specialized H.E.A.T. trainers will take you through a High Energy circuit that will focus on unique and beneficial exercises that will make you feel your muscles burn right from the start. Through Corrective Exercise and proper form you will be able to accomplish new Athletic abilities you never even thought were imaginable.

PILATES

- Toning and stretching in a non-impact format, with a focus on abdominals and core strengthening. Just bring a mat!

SPIN

- Challenge your cardiovascular and muscular endurance in a musical journey through steep hills, killer flats, rolling hills, sprints and much more. Each instructor has a unique style-both musically and in the feel of the class-Classes are 45-50 minutes. 30-min HIIT Spin includes high intensity intervals to maximize your work in just 30 minutes!

TRX

- Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises.

HEAT/TRX COMBO

- One round of our HEAT workout then move on to a 30 min TRX class!

YOGA

- The mind-body workout that will improve strength, flexibility and balance. Each yoga instructor brings a different feel and focus to their yoga class so check them all out and see what you like. Please bring a mat with you! Power Yoga incorporates flexibility and balance with an emphasis on strength movement. Yoga classes are 60-75 minutes in length.

YOGA/CORE FUSION

- This workout combines the best of yoga and core training! Increase your flexibility, core strength and balance in this workout.