



SEACOAST
SPORTS CLUB

SSC ATLANTIC GROUP FITNESS

	MON	TUES	WED	THUR	FRI	SAT	SUN
5:30 am	Barre Fusion June	RPM Maggie	BODYPUMP Maggie (45 min)	Core Fusion June	BODYCOMBAT Jocelyn		
7:30 am	Vive! Katie (45 min)	BODYPUMP Allison O	20/20/20 June	BODYSTEP Giovanna	BODYFLOW Allison O	BODYSTEP Olivia (30 min)	
8:30 am	Functional Training for Athletes 8:20 Jen		Barre Melanie/Olivia	30 in 30 Jeff		BODYPUMP Denise	Gentle Yoga Colleen
9:15 am	Spin Carla	BODYPUMP/ CXWORX Danielle	RPM Allison O	Spin Allison Q	Spin Carla	RPM Mariah	Cardio Jam Adrienne
	Total Body 9:30 Jeff			CXWORX/ BODYFLOW Olivia (30 m/30 m)	BODYPUMP Danielle (45 min)		
10:30 am	Silver Strength Katie	Silver Strength Katie	Chair Yoga Pam	Silver Sneakers Pam	Silver Strength Katie	Intermediate Yoga Linda/Laurel	
4:00 pm			Pilates Remix Becca				
5:15 pm	Cardio Jam Adrienne	RPM Mariah		BODYPUMP Mariah	RPM Mariah		
	HIIT Spin/ Core Blast 5:45 Jenna	20/20/20 Allison Q 5:30	Pure Muscle Adrienne 5:30	BODYCOMBAT Denise 6:15			
7:15 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 (Additional pricing. See front desk for pricing)

	MON	TUES	WED	THUR	FRI	SAT	SUN
am	6-Week Slim 9:15 Down Danielle	Some Like it 8:30 Fit Jen		6-Week Slim 9:15 Down Danielle	Some Like it 8:15 Fit Jen	Some Like it 8:15 Fit Jen	
5:30 pm		HIIT Denise		HIIT Denise			