

# SportHouse

athletic center

## August Group Fitness Schedule

Monday			
Time	Class	Instructor	Room
9:00am-12:00pm	Pickleball		GYM
8:30am-9:15am	Bootcamp	Hailey	UG
11:00am-1:00pm	Pick-Up Basketball		GYM
6:00pm-8:00pm	Pick-Up Basketball		GYM

Tuesday			
Time	Class	Instructor	Room
6:00am-6:45am	Bootcamp	Hailey	UG
8:30am-9:30am	Slow Flow Yoga	Sholeh	YS
9:00am-12:00pm	Pickleball		GYM
11:00am-1:00pm	Pick-Up Basketball		GYM
6:00pm-6:45pm	Pilates	Jillian	YS
6:00pm-8:00pm	Pick-Up Basketball		GYM

Wednesday			
Time	Class	Instructor	Room
9:00am-12:00pm	Pickleball		GYM
8:30am-9:15am	Bootcamp	Hailey	UG
11:00am-1:00pm	Pick-Up Basketball		GYM
6:00pm-8:00pm	Pick-Up Volleyball		GYM
6:00pm-8:00pm	Pick-Up Basketball		GYM

Thursday			
Time	Class	Instructor	Room
6:00am-6:45am	Bootcamp	Hailey	UG
8:30am-9:30am	Slow Flow Yoga	Sholeh	YS
9:00am-12:00pm	Pickleball		GYM
11:00am-1:00pm	Pick-Up Basketball		GYM
6:00pm-6:45pm	Pilates	Jillian	YS
6:00pm-8:00pm	Pick-Up Basketball		GYM

Friday			
Time	Class	Instructor	Room
9:00am-12:00pm	Pickleball		GYM
8:30am-9:15am	Bootcamp	Hailey	UG
11:00am-1:00pm	Pick-Up Basketball		GYM
6:00pm-8:00pm	Pick-Up Volleyball		GYM
6:00pm-8:00pm	Pick-Up Basketball		GYM

Saturday			
Time	Class	Instructor	Room
9:00am-11:00am	Pickleball		GYM
10:00am-10:45am	Pilates	Michaela	YS
1:00pm-3:00pm	Pick-Up Basketball		GYM

Sunday			
Time	Class	Instructor	Room
9:00am-11:00am	Pickleball		GYM
1:00pm-3:00pm	Pick-Up Basketball		GYM

**\*Spin classes every hour, on the half hour!** First class starts at 5:30am, last class starts at 7:30pm in the Spin Studio (5:30am, 6:30am, 7:30am, 8:30am, 9:30am, 10:30am, 11:30am... 5:30pm, 6:30pm, 7:30pm)\*

**\*No Pilates 8/7\***

**\*No Yoga 8/10 or 8/12\***

**GYM: Main Gym**

**UG: Upstairs Gym**

**GFS: Group Fitness Studio**

**YS: Yoga Studio**

# SportHouse

athletic center

## **Bootcamp**

The perfect combo of strength, cardio, and bursts of intense movements (with time built in for recovery, no worries!) to tone your entire body, maximize fat loss, boost metabolism, and burn calories for hours even after your workout is complete. No matter where you are in your fitness journey, our team is here to help you get started or push you to step beyond your comfort zone.

## **Slow Flow Yoga**

A therapeutic flow designed to bring balance to the body and the mind through holding poses and exploring what each pose has to offer you. When we slow down, we relax the nervous system, we focus on our breath, & we become stronger mentally and physically. This class is great for beginners, and the seasoned yogi.

## **Pilates**

An amazing workout for your core that focuses on stability & mobility. This class is the perfect addition to your workout routine to help your mechanics, form, and injury prevention to enhance your athletic performance!

## **Spin**

Hop on & get ready to enjoy the ride, while feeling the burn! You'll be motivated, challenged, and without a doubt, sweaty, by the end of each spin class! We are pumped to offer streamed spin classes every hour, on the half hour so you are able to choose between an abundance of times to get a killer workout in!

## **Pick-Up Basketball & Volleyball**

All day, every day our gym is open for YOU this summer! However, we wanted to shoot out specific times to allow for more people to come at the same time for open run pick-up games! This is for ALL AGES. We expect teams // courts to be split up according to age + level of play!