



TOLUCA LAKE

TENNIS & FITNESS CLUB

GROUP EXERCISE CLASS SCHEDULE

Fall 2019

♥ Polar Club heart rate training classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
MORNING	6:00-7:00 a.m. HIIT Christina	6:15-7:15 a.m. ♥ Spin* Chris	6:15-7:15 a.m. ♥ Spin/Sculpt/Stretch Dante	6:00-7:00 a.m. Bootcamp Style Dante	6:15-7:15 a.m. ♥ Spin* Derrick	7:45-8:45 a.m. ♥ Spin* Chris	8:30-9:30 a.m. ♥ Spin* TC/Lyle		
	♥ 6:30-7:30 a.m. Spin* Chris	6:15-7:15 a.m. Bootcamp Style Dallas	9:00-10:00 a.m. Power Sculpt II Maxwell	♥ 9:00-10:00 a.m. Spin* Eddie	6:15-7:15 a.m. Cardio Bootcamp Maxwell	8:45-9:30 a.m. Sculpt Fusion Josephine	9:30-10:30 a.m. Power Sculpt II Christina		
	7:00-7:30 a.m. Stretch Christina	♥ 9:00-10:00 a.m. Spin* Eddie	♥ 10:00-11:00 a.m. Spin* Marie/Chris	10:00-10:30 a.m. Full Body Workout Tonni	9:00-10:00 a.m. Power Sculpt/Barre Tone Josephine	♥ 9:30-10:30 a.m. Spin* Eddie	♥ 9:45-10:45 a.m. Spin* Amy		
	9:00-10:00 a.m. Cardio Boost Josephine		11:00 a.m.-12:00 p.m. Find Your Flow Yoga (all levels) Erin	10:35-11:35 a.m. Yoga I (Beg/Inter) Kimberly	10:00-10:30 a.m. Mini Spin* Marie	9:30-10:30 a.m. Saturday Groove Natalie	11:00 a.m.-12:30 p.m. Yoga I (Beg/Inter) Guy		
	10:05-11:05 a.m. Yoga I (Beg/Inter) Michelle	10:00-10:30 a.m. Full Body Workout Eddie			10:35-11:35 a.m. Yoga I (Beg/Inter) Juliet	10:00-11:00 a.m. Aqua Bootcamp Josephine			
	11:10 a.m.-12:10 p.m. Ball Tone Roderick	10:35-11:35 a.m. Yoga I (Beg/Inter) Michelle			11:35 a.m.-12:35 p.m. Mat Pilates Cardio Lara	10:30-11:00 a.m. Stretch Natalie			
						11:00 a.m.-12:30 p.m. Aasatti Yoga™ (deep stretch) Heidi			
MID-DAY	♥ 12:00-1:00 p.m. Spin* Eddie	12:00-1:00 p.m. Bootcamp Boxing Grant	♥ 12:05-1:00 p.m. Spin* Tonni	12:00-1:00 p.m. Bootcamp Boxing Grant	♥ 12:00-1:00 p.m. Spin* Tonni				
	1:00-2:00 p.m. TRX Cross Training Eddie		12:05-1:05 p.m. War & Peace Amber		1:00-2:00 p.m. TRX Cross Training Alana	<p>CLUB POLICY For safety reasons and courtesy to others, please arrive to class on time. Thank you!</p> <p>NON-MEMBER CLASS PASSES Passes are available for purchase at the front desk. \$30 for 1 class; \$145 for 5 classes \$280 for 10 classes Passes must be used within 60 days of purchase. Classes or instructors may change without notice.</p> <p>HOURS OF OPERATION Monday thru Thursday: 6 a.m. - 10 p.m. Friday: 6 a.m. - 9 p.m. Saturday & Sunday: 7 a.m. - 7 p.m.</p>			
EVENING	5:25-6:25 p.m. Find Your Flow Yoga (all levels) Erin	5:25-6:25 p.m. Yoga II Hatha Flow Jenny	5:15-6:10 p.m. Power Sculpt/Barre Tone Roderick	5:25-6:25 p.m. Yoga II Hatha Flow Guy	6:15-7:15 p.m. Cardio Tennis Chris				
		6:30-7:30 p.m. Bootcamp Boxing Grant	6:15-7:15 p.m. HIIT Christina	6:30-7:30 p.m. Bootcamp Boxing Grant					
	6:30-7:30 p.m. Cardio Dance Delaney	8:00-9:00 p.m. Cardio Tennis Andrew		7:35-8:35 p.m. Pilates Bianca					
	6:30-7:30 p.m. Spin* Sade								
	7:30-8:30 p.m. Pilates Sushanna								

* Attention NEW spinners: Please arrive 15 minutes prior to class start time for instruction & set-up.

Class descriptions on reverse side!

