MINERALS SPORTS CLUB

NOVEMBER FITNESS CLASSES

MONDAY

RAGE SPRINT 45 MINUTES
6:00am — Diane — GS

MY DAILY PRACTICE
7:00am — Karen — S1

BUTT + GUT
8:30am — Betty — FW

AQUA CIRCUIT
9:30am — April — INP

THE CUT 45 MINUTES
9:15am — Betty — FW

ABS CUT 15 MINUTES
10:00am — Betty — FW

SILVER MOVES
11:00am — Caitlin — S1

ROCK CLIMBING 1 HOUR
5:00pm — HW

SPIN
5:00pm — Nancy — GS

AQUA FIT
5:15pm — Saeideh — INP

MINDFUL MONDAY
6:00pm — Elaine — S1

CARDIO BLAST
30 MINUTES
6:00pm — Nancy — FW

GRIT STRENGTH + ATHLETIC 1 HOUR
6:30pm — Nancy — FW

BEGINNER LINE DANCING
NOVEMBER 2 + 16
7:15pm — Debbie — S1

INTER./ADV. LINE DANCING
NOVEMBER 2 + 16
8:15pm — Debbie — S1

TUESDAY

NEW TIME!
MY DAILY PRACTICE
7:00am — Karen — S1

RAGE POWER
6:00am — Diane — GS
45 MINUTES

GRIT STRENGTH
6:45am — Nancy — FW

NEW TIME! 45 MINUTES
CORE FOUNDATION
8:30am — Betty — FW

AQUA FIT
9:30am — Stephanie — INP

PROGRESSIVE STRENGTH
9:30am — Betty — FW

YOGA POWER FLOW
9:45am — Caitlin — S1

BARBELL FOUNDATION
11:15am — Saeideh — FW

ROCK CLIMBING
5:00pm — HW
1 HOUR

SCULPT WORX
5:00pm — Barbara — FW

ZUMBA
6:00pm — William — FW

YOGA + SOUND MEDITATION
7:00pm — Daniel — S1

WEDNESDAY

GENTLE YOGA WITH MEDITATION
7:00am — Karen — S1

BEYOND BARRE
8:15am — Elaine — FW

HEALING YOGA FOR MIND + BODY
9:15am — Elaine — S1

BODY SHOCK
9:15am — Betty — FW

AQUA ZUMBA
9:30am — Vincent — INP

LOW IMPACT CARDIO
11:15am — Saeideh — FW

NEW! ZUMBA
4:45pm — William — FW
NOVEMBER 4 + 18

ROCK CLIMBING
5:00pm — HW {1 HOUR}

SPIN
5:00pm — Nancy — GS

BARRE STRETCH
5:15pm — Saeideh — S1

CIRCUIT
6:00pm — Nancy — FW

GRIT STRENGTH
6:30pm — Nancy — FW

YOGA + SOUND MEDITATION
7:00pm — Daniel — S1

THURSDAY

RAGE RHYTHM
6:00am — Diane — GS
45 MINUTES

TRANSFORMATIONAL BREATHWORK
7:00am — Ananda — S1

AERIAL YOGA
7:00am — Terra — FW

STRENGTH + STAMINA
9:15am — Mackenzie — FW

YOGA FOUNDATION
9:15am — Daniel — S1

AQUA FIT
10:30am — April — INP

SILVER MOVES
10:30am — Mackenzie — S1

BALANCE + FLEX
11:15am — Saeideh — S1

ROCK CLIMBING
5:00pm — HW
1 HOUR

MAT WORX
5:15pm — Caitlin — FW

WET YOGA
5:30pm — Michelle — INP

ZUMBA
6:00pm — William — FW

RELEASE + RESTORE
6:30pm — Caitlin — S1

FRIDAY

SPIN
6:00am — Nancy — GS
30 MINUTES

GRIT STRENGTH
6:45am — Nancy — FW

MY DAILY PRACTICE
8:00am — Elaine — S1

BOOTY BARRE
8:30am — Betty — FW
30 MINUTES

DRENCHED
9:15am — Betty — FW

SPIN
9:15am — Barbara — GS

AQUA CARDIO CIRCUITS
9:30am — Betty J. — INP

BETTER BALANCE
11:15am — Saeideh — FW

ROCK CLIMBING
5:00pm — HW
1 HOUR

RAGE AFTER DARK SPIN
6:00pm — Diane — GS
60 MINUTES

SATURDAY

SPIN
7:30am — Nancy — GS

GRIT CARDIO
8:30am — Nancy — FW
30 MINUTES

FIRE + FLOW
9:00am — Elaine — S1

STRENGTH + ATHLETIC
9:00am — Nancy — FW
1 HOUR

BUNGEE FLOW
NOVEMBER 7 + 21
10:30am — Lorin — FW

ROCK CLIMBING
5:00pm — HW
1 HOUR

SUNDAY

SPIN
7:30am — Nancy — GS

RELEASE + RESTORE
8:00am — Nav — S1

BUTT + GUT
8:30am — Nancy — FW
30 MINUTES

BODY PUMP EXPRESS
9:00am — Nancy — FW
45 MINUTES

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MineralsSportsClub.com

— events —

MEMBER MIXER

November 19
7:00pm
Copper Room

Scan for Class Descriptions

TURKEY BURNER SPIN Sign up is required.
November 26 7:00am

CLASS LOCATION KEY:

The Foundry: **F**
The Gristmill Spin Room: **GS**
Yoga Studio 1: **S1**
Fit Works Studio: **FW**
Wellness:
The High Wall: **HW**
Indoor Pool: **INP**