

# CLARK SPORTS CENTER

Limited Class Schedule • December 23-January 5

## Group Classes

Monday Dec. 23 & Dec. 30	Tuesday Dec. 24 & Dec. 31	Wednesday Dec. 25 & Jan. 1	Thursday Dec. 26 & Jan. 2	Friday Dec. 27 & Jan. 3	Saturday Dec. 28 & Jan. 4
<b>Escape</b> 6:00-6:30am Shirley	<b>C S C  C L O S E D</b>	<b>C S C  C L O S E D</b>	<b>Fit Camp</b> 6:00-6:45am (Jan. 2 only) Alison	<b>Prime Time Plus</b> 11:15-12:15 Katherine	<b>Escape</b> 8:30-9:00am Megan
<b>Low Impact Zumba</b> 9:00-9:45am Suzanne E.			<b>Sit &amp; Get Fit</b> 10:30-11:15am (Jan. 2 only) Carlene	<b>Escape</b> 4:30-5:00pm (Jan. 3 only) Megan	<b>Cardio Dance &amp; Core</b> 9:30-10:30am Annel
<b>Escape</b> 9:45-10:15am Will			<b>TRX Plus</b> 5:30-6:00pm (Jan. 2 only) Andi		
<b>Prime Time</b> 11:15-12:15 Katherine			<b>Pound</b> 5:30-6:15pm (Dec. 26 only) Michelle		
<b>Zumba</b> 5:30-6:15pm Elma			<b>Karate</b> 6:30-8:00pm Dave		
<b>Escape</b> 6:30-7:00pm Shirley					
<b>Karate</b> 6:30-8:00pm Dave					
					<b>Sunday Dec. 29 &amp; Jan. 5</b>
					<b>Cardio Dance &amp; Yoga</b> 9:30-10:30 Elma

Visit [www.clarksportscenter.com](http://www.clarksportscenter.com) for more class information.

### Group Fitness Class Information & Policies

- Group Fitness studios & Spinning® bikes are for classes only.
- Most classes require set up time. Please arrive to class 5 minutes prior to scheduled starting time.
- No admittance 5 minutes after class starts.
- Group Fitness classes are included in the base membership fee and are available on a first come, first serve basis.
- Participants must be 14 years of age or older. (excluding Karate)
- Appropriate clothing and clean footwear is required.
- Preschoolers are not permitted in the studios during classes.
- Classes are subject to change and may be cancelled at any time.
- Instructor substitutions may occur without notice.
- Prime Time participants need to obtain a numbered ticket at the Health & Fitness desk (no sooner than 30 minutes prior to class).
- Please check online (<http://www.clarksportscenter.com/health-and-fitness/group-fitness/index.php#class-descriptions>) or at the Health & Fitness desk for class size limits.
- It is recommended to bring your own yoga mat to yoga classes.

### Class Key

Studio 1

Instructor

Studio 2

Instructor

Sports Performance Area

Instructor

Benefit Class

# Spinning

Monday Dec. 23 & Dec. 30	Tuesday & Wednesday Dec. 24, 25, 31 & Jan. 1	Thursday Dec. 26 & Jan. 2	Friday Dec. 27 & Jan. 3	Saturday Dec. 28 & Jan. 4	Sunday Dec. 29 & Jan. 5
<b>Spinning</b> 8:30-9:30am Kara/Carlene	<b>C L O S E D</b>	<b>Express Spin</b> 9:30-10:00am Kara/Carlene	<b>Express Spin</b> 6:00-6:30am Colleen	<b>Spinning</b> 8:15-9:15am Dory/Melissa	<b>Spinning</b> 9:30-10:30am Dory/Joshua
<b>Gentle Spin</b> 10:00-10:45am Sherri/Carlene		<b>Express Spin</b> 5:30-6:00pm Amanda/Caitlin	<b>Spinning</b> 8:30-9:30am Nancy		

# Yoga & Pilates

Monday Dec. 23 & Dec. 30	Tuesday & Wednesday Dec. 24, 25, 31 & Jan. 1	Thursday Dec. 26 & Jan. 2	Friday Dec. 27 & Jan. 3	Saturday Dec. 28 & Jan. 4	Sunday Dec. 29 & Jan. 5
<b>Restorative/ Gentle Yoga</b> 8:15-9:15 Katherine	<b>C L O S E D</b>	<b>Beginners &amp; Beyond Tai Chi</b> 11:00-11:45 Katherine	<b>Yoga Flow</b> 9:45-10:45 Nancy	<b>Ashtanga Yoga</b> 9:30-10:45 Dana	<b>Yoga for Athletes</b> 8:15-9:00 (Jan. 5 only) Nicole
<b>Adventurous Yoga</b> 9:30-10:45 Katherine		<b>Core &amp; Calm</b> 12:00-1:00 Katherine	<b>Gentle Yoga</b> 1:00-2:00 Katherine		<b>Food Pantry Benefit Class</b> 9:00-10:00am (Dec. 29 only, info at Fitness Center Desk) Nicole
<b>Monday Meditation</b> 5:30-6:00 Lisa B/Dana					<b>Yin Yoga</b> 9:30-10:45 (Jan. 5 only) Nicole
<b>Heated Kripalu Flow Yoga</b> 6:15-7:15 Lisa B/Dana					

# Aqua Fitness

Monday Dec. 23 & Dec. 30	Tuesday & Wednesday Dec. 24, 25, 31 & Jan. 1	Thursday Dec. 26 & Jan. 2	Friday Dec. 27 & Jan. 3	Saturday Dec. 28 & Jan. 4	Sunday Dec. 29 & Jan. 5
<b>Morning Splash</b> 7:00-7:45am Carole	<b>C L O S E D</b>	<b>Sweat Wet</b> 8:00-8:45am Susan	<b>Morning Splash</b> 7:00-7:45am (Jan. 3 only) Carole	<b>N O  C L A S S  N O  C L A S S</b>	<b>N O  C L A S S</b>
<b>Sweat Wet</b> 8:15-9:00am Carole		<b>Fluid Movement</b> 9:15-10:00am Susan			
<b>Aqua Body Blast</b> 9:15-10:00am Carole		<b>Water Walking</b> 9:15-10:00am Susan			
<b>Deep Aqua B.A.S.I.C</b> 5:30-6:15pm (Dec. 30 only) Carole		<b>Hydro Power</b> 5:30-6:15pm (Jan. 2 only) Carole			