

CLASS DESCRIPTIONS

20/20/20 - This all-in-one workout will get you in shape fast! By dividing the class into 3 segments: cardio, sculpting, and abs/stretch, your body will get the workout it needs to begin the New Year right! (60 min.)

Adventure Cycle - If you spend more time gazing at the clock than "shifting gears", then this is the experience for you! In **Adventure Cycle**, you won't have time to get bored because the class is broken into 3 segments that will keep you on your toes! (45 min. / sign-ups required)

BootyCamp - A circuit class designed to challenge the body on all levels. Utilizing strength training and cardio, the body will get a head-to-toe workout. Sometimes you push hard, and sometimes you push harder! But if you want to get in shape for the New Year, this class is just what you're looking for! (60 min.)

Cardio Interval - It has been proven that interval training is an effective tool for inducing fat loss. In this class, your body will be challenged with bouts of cardio segments using step, hi-lo, and kickboxing moves, then periods of recovery while you sculpt. Your body will get it all in this class. (60 min.)

Dance Fusion - Come and experience a fusion dance class like no other. With a dash of urban hip-hop, funky jazz, salsa, and a little belly-dancing, this total body workout will release the dancer in all of us! (60 min.)

GROUP CENTERGY - Redefine your *self* with Group Centergy. Grow longer and stronger as you explore this 60 minute journey of yoga and Pilates movements. Discover Group Centergy. (60 min. / mat recommended)

GROUP XPOWER - Group Power is your hour of power! This 60 minute barbell program strengthens all your major muscles. With simple, athletic movements such as squats, lunges, presses, and curls, Group Power is for all ages and fitness levels. (60 min. / sign-ups required)

GROUP RIDE - Everyone finishes first in Group Ride! Pedal in groups, roll over hills, chase the pack, climb mountains, and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. (60 min. / sign-ups required)

Hard Core - A quick core class that is guaranteed to tone and shape your abdominal muscles. No experience needed because any *body* can develop a hard core with this class! (25 min.)

Pi-Yo - This class is a fusion of pilates and yoga-based moves, a unique blend that burns calories while transforming the body. Modifications are available for those who are just beginning the mind/body journey, and progressions are offered to challenge the more advanced. (45 min. / mat recommended)

Step-A-Holics - Calling all step addicts!! If you love step and just can't get enough, then this is the place for you! 45 minutes of creative choreography and of course, non-stop step. (45 min.)

Additional class descriptions continued on next page.

Tread & Shed - An interval cardio class which utilizes the treadmill. We'll walk through hills, flats, and maybe even some mountainous terrain, too. Treadmills can be fun, if you are so inclined!

Yoga Lite - A gentle yoga class that concentrates on flexibility, balance, alignment, and posture. No yoga experience is necessary, just an open mind. (60 min. / mat recommended)

PAID CLASS INFORMATION

The following classes are \$2 / class. See reverse side for days and times. Please sign-up and pay at the front desk prior to class.

There are 2 payment options:

1. Pay As You Go (\$2 / Class). You will be given a receipt.
2. Purchase a \$20 Fit Pass good for any 11 specialty classes. You will be given a Fit Pass card.

A Vicious Cycle - Are you looking to take your cycling experience to the next level? Do you want to burn between 500-800 calories in a single session? If your answer is "yes" then this class is for you. Whether you're training for an event, or just trying to get back in shape, this class will get the job done! Bring your towel and water because the burn never stops (it's **A Vicious Cycle** so the burn keeps going and going and...)! (90 min. / \$2)

2 ways to pay:

**1.) Pay As You Go, or 2.) Purchase a Fit Pass!
All payments should be made at the front desk.**

***Your instructor will collect all receipts and/or Fit Passes prior to class. They will initial the Fit Passes and return to you.**

PLEASE NOTE THE NEW KID ZONE HOURS LISTED BELOW.

CHILD WATCH HOURS
Monday-Saturday 8am-12pm
Monday-Thursday 4pm-8pm
Friday 4:30pm-7:30pm

KID ZONE HOURS
Monday-Friday 3pm-8pm
Saturday 8am-12pm



FEBRUARY

CLUB HOURS

Monday - Friday 4am-11pm

Saturday 7am-6pm


























Sunday 10am-5pm



SPARTANBURG

**399 Peachwood Centre Drive
864.574.7795**

www.peakfitnessclubs.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30 - 6:15 am  Chris 					
8:30 - 9:30 am  Michele	8:30 - 9:30 am 20/20/20 Sherry	8:30 - 9:30 am  Michele	8:30 - 9:30 am CARDIO INTERVAL Sherry	8:30 - 9:30 am  Jamie	8:15 - 9:45 am A VICIOUS CYCLE  Rotation	
9:35 - 10:20 am PI-YO Michele 		9:35 - 10:35 am TREAD & SHED Michele	9:35 - 10:00 am HARD CORE Sherry 	9:35 - 10:20 am STEP-A-HOLICS Sherry 	9:05 - 10:05 am  Rotation	2:00 - 3:30 pm A VICIOUS CYCLE  Rotation
	10:00 - 11:00 am YOGA LITE Rotation				10:10 - 11:10 am  Rotation	
		5:00 - 5:25 pm HARD CORE Shelley 		4:30 - 5:30 pm  Shelley		
5:35 - 6:35 pm  Shelley	5:30 - 6:30 pm DANCE FUSION Maria	5:35 - 6:35 pm  Shelley	5:30 - 6:30 pm BOOTYCAMF Jamie			
5:35 - 6:20 pm ADVENTURE CYCLE Chris 	5:35 - 6:35 pm  Jenny	5:45 - 6:30 pm ADVENTURE CYCLE Sam 	5:35 - 6:35 pm  Cristie / Chris			
6:35 - 7:35 pm  Cristie / Chris	6:35 - 7:35 pm  Jamie	6:40 - 7:40 pm  Chris	6:35 - 7:35 pm  Maria			
6:40 - 7:40 pm  Jenny						



FEBRUARY

All classes **highlighted in black** are considered specialty classes. Please sign-up and pay at the front desk prior to class.

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1. Pay As You Go (\$2 / Class).
 2. Purchase a \$20 Fit Pass good for any 11 specialty classes.