

Five Seasons Sports Club August 2020 Five Seasons Sports Club

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Beast Mode S1 5 6-7am Ed	Intense Cardio S1 5 7:30-8:30am Ed	Beast Mode S1 5 6-7am Ed	Intense Cardio S1 5 7:30-8:30am Ed	Beast Mode S1 5 7:15am-8:15am Ed
	Intense Cardio S1 5 7:30-8:30am Ed	ODDWT PL 2 7:30am-8:30am Michelle \$	ODDWT PL 2 7:30am-8:30am MJ \$	ODDWT PL 2 7:30am-8:30am Michelle \$	ODDWT PL 2 7:30am-8:30am MJ \$	
	ODDWT PL 2 7:30am-8:30am MJ \$	Hatha Yoga S2 9-10am Janelle	RIDE S1 5 9am-10am Ed	Hatha Yoga S2 A 9-10am Janelle	E-Method S1 5 9am-10am Ed	Aquafit PL 2 11am-12pm Piper
	E-Method S1 5 9am-10am Ed	E-Method S1 5 9am-10am Ed	Pilates S2 3 9:30-10:30am Kat	E-Method S1 5 9am-10am Ed	ODDWT PL 2 9:30am-10:30am MJ \$	
	Pilates S2 3 9:30-10:30am Kat	Aquafit PL 2 10:30am-11:30am Piper	ODDWT PL 2 9:30am-10:30am MJ \$	Aquafit PL 2 10:30am-11:30am Piper	Aquafit PL 2 10:30am-11:30am Piper	
	Aquafit PL 2 10:30am-11:30am Piper	Aquafit PL 2 11:30am-12:30pm Piper	Aquafit PL 2 10:30am-11:30am Piper	Aquafit PL 2 11:30am-12:30pm Piper		

INTENSITY LEVELS:

- A - All Levles
- 1 - Low Intensity
- 2 - Exhilarating
- 3 - Increased intensity
- 4 - Hard (You will feel it!)
- 5- Intense - No pain; no gain; no whining

LOCATION OF CLASS:

- S2 - Studio 1
- S2 - Studio 2
- PL - Pool
- OS - Outside

FIVE SEASONS

FAMILY SPORTS CLUB

Outdoor Deep Water (ODDWT) = \$5 for members, non members = \$10

PLEASE DO YOUR PART AND HELP US KEEP YOUR CLUB SAFE - MUST CALL FRONT DESK FOR RESERVATIONS! YOU CAN ONLY RESERVE 2 WEEKS OUT!

Aquafit: Experience the varied aquafit classes that are la fusion of cardio, strength, flexibility and balance that won't hurt your joints!

Beast Mode: Push your body to the limits with old school, high intensity workout. Consistency is the key to this Beast mode workout.

RIDE: High intensity cardio has you climbing hills, sprinting flats, while mixing in an upper body workout.

Deep Water: High intensity class using flotation belts and cuffs with fast paced intervals. Each 50min class includes cardiovascular, core and upper body work. No impact on the joints!

E-Method: Up your cardio game with this tabata influenced class. This energizing, intense class of non-stop training mixes cardio with high reps of weight training.

Hatha Yoga: Yoga class for all levels, exploring the Universal Principles of Alignment and Yoga. Practice followed by relaxation (Savasana). Leave feeling strong, relaxed and empowered.

Intense Cardio: THE class for cardio fiends. Running circuits, mixed with small weights and body weight exercises at a high pace. This class is sure to get your heart pumping!

Pilates: Works to balance all muscle groups' strength/flexibility, emphasizing challenging the core. Some props used to help sculpt body, and increases agility for every day movement.

Questions on our classes?
Contact Piper at:
khersh-cassidy@5ssc.com

CLUB HOURS:
Mon - Fri: 5:30am-8pm
Sat. & Sun.: 7am-7pm

FIVE SEASONS
FAMILY SPORTS CLUB