



LAUNCHES this month:



November 12 at 3:30pm





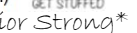





November 19 at 3:30pm

CHAMPIONS GROUP FITNESS CLASS SCHEDULE: November 5 – December 2, 2017

New 4:30pm classes on Monday and Wednesday!



A few special Thanksgiving themed classes as shown below. Very limited schedule November 22-26.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 STUDIO CYCLING ROOM: 3:30PM SUPER SPIN with DIONNE! (90 MIN)	6 GROUP FITNESS ROOM: 5:30AM PSOX LIVE! Kelly B. (50 min) 9:00AM Turbo TRICK (55 min) Joanna 10:00AM Senior Strong* *Water bottle required! Elizabeth (60 min) 4:30PM Step and Sculpt Mandy C. (55 min) 5:30PM RIP Julie (55 min) 6:35PM CARDIO PYRAMID Xpress! Laura (35 min) 7:15PM Yoga (60min) Elizabeth STUDIO CYCLING ROOM: 6:00PM Spinning (60 min) Dionne	7 GROUP FITNESS ROOM: 5:30AM Turbo TRICK Julie (45 min) 9:00AM RIP Joanna (60min) 10:00AM Flow - Elizabeth (55 min) 4:30PM Body Blast – Dionne (55 min) Chris ZUMBA (50 min) 6:30PM TBC - Russ (55 min) CROSS TRAINING ROOM: 5:30PM BOXING CIRCUIT* Amber (60 min)*18 person max! First come, first serve	8 GROUP FITNESS ROOM: 5:30AM Tabata Joanna (45 min) 9:00AM ZUMBA (55 min) Elizabeth 10:00AM Yoga (60min) Russ 4:30PM TBC – Mandy C. (55 min) 5:45PM Turbo TRICK Kelly B. STUDIO CYCLING ROOM: 6:00AM Spinning (60min) Katy 6:00PM Spinning- (60 min)Katy	9 GROUP FITNESS ROOM: 5:30AM RIP EXPRESS! (45 min) Kelly B. 8:00AM Flow - Elizabeth (55min) 9:00AM TBC – Laura (55 min) 4:30PM Strength and Stretch Melinda (55 min) 5:30PM SUPER STRENGTH CIRCUIT Julie (55 min) 6:30PM Hip Hop (55 min) Destini CROSS TRAINING ROOM: 5:00PM Body Blast XT Dionne (60 min)	10 GROUP FITNESS ROOM: 5:30AM Body Barre Lexi (45 min) 9:00AM Senior Strong* *Water bottle required! Elizabeth(60 min) 10:00AM Step and Sculpt Russ (55 min) 5:30PM See cross training room. CROSS TRAINING ROOM: 5:30PM Cardio Blast XT! An intense cardio only workout using a variety of equipment in our XT room. Please bring boxing gloves if you have them. Max of 18ppl. Julie (60min)	11 GROUP FITNESS ROOM: 9:15AM Amber Attack (aka TBC - 55 min) 10:15AM Yoga Russ (55 min) STUDIO CYCLING ROOM: 6:00AM Spinning (60min) Dionne
12 GROUP FITNESS ROOM: 3:30PM PSOX LIVE! LAUNCH! Approx. 70 min with Kelly B., and Laura	13 GROUP FITNESS ROOM: 5:30AM PSOX LIVE! Kelly B. and Laura (50 min) 9:00AM Turbo TRICK Julie 10:00AM Senior Strong* *Water bottle required! Elizabeth (60 min) 4:30PM Step and Sculpt Mandy C. (55 min) 5:30PM RIP Joanna (55 min) 6:35PM CARDIO PYRAMID Xpress! Laura (35 min) 7:15PM Yoga (60min) Elizabeth STUDIO CYCLING ROOM: 6:00PM Spinning (60 min) Dionne	14 GROUP FITNESS ROOM: 5:30AM CARDIO PYRAMID (45 min) Shiana 9:00AM RIP Joanna (60min) 10:00AM Flow - Elizabeth (55 min) 4:30PM Body Blast – Dionne (55 min) Chris 5:30PM ZUMBA (50 min) 6:30PM TBC - Russ (55 min) CROSS TRAINING ROOM: 5:30PM BOXING CIRCUIT* Amber (60 min)*18 person max! First come, first serve	15 GROUP FITNESS ROOM: 5:30AM RIP EXPRESS! (45 min) Kelly B. 9:00AM ZUMBA (55 min) Elizabeth 10:00AM Yoga (60min) Russ 4:30PM TBC – Mandy C. (55 min) 5:45PM Step (45 min) Julie STUDIO CYCLING ROOM: 6:00AM Spinning (60min) Katy 6:00PM Spinning- (60 min)Dionne	16 GROUP FITNESS ROOM: 5:30AM Tabata Julie (45 min) 8:00AM Flow -Elizabeth (55min) 9:00AM TBC – Joanna. (55 min) 4:30PM Strength and Stretch Melinda (55 min) 5:30PM PSOX LIVE! Laura and Kelly B. (55 min) 6:30PM Hip Hop (55 min) Destini CROSS TRAINING ROOM: 5:00PM Body Blast XT Dionne (60 min)	17 GROUP FITNESS ROOM: 5:30AM Body Barre Nikki (45 min) 9:00AM Senior Strong* *Water bottle required! Elizabeth (60 min) 10:00AM Step and Sculpt Russ (55 min) 5:30PM TOUGH TURKEY TONING  An overall conditioning workout aimed at helping you combat your upcoming Thanksgiving splurge. Julie (60ish min)	18 GROUP FITNESS ROOM: 9:15AM CARDIO PYRAMID + Core Laura (55 min) 10:15AM POUND  Carrie (55 min) Drum your way through a cardio, toning and flexibility class.  ★ Ripstix available from the instructor. Pass required to borrow ripstix. Passes available at front desk.
19 GROUP FITNESS ROOM: 3:30PM Turbo TRICK LAUNCH! Approx. 70 min with Kelly B., Joanna, and Julie	20 GROUP FITNESS ROOM: 5:30AM PSOX LIVE! Laura 9:00AM TURKEY BURN TABATA  Joanna (55 min)  10:00AM Senior Strong* *Water bottle required! Elizabeth (60 min) 4:30PM Step and Sculpt Mandy C. (55 min) 5:30PM RIP Julie (55 min) 6:35PM CARDIO PYRAMID Xpress! Lexi (35 min) 7:15PM Yoga (60min) Elizabeth STUDIO CYCLING ROOM: 6:00PM Spinning (60 min) Dionne	21 GROUP FITNESS ROOM: 5:30AM Turbo TRICK Kelly B., Julie and/or Joanna(45 min) Joanna (60min) 9:00AM RIP Joanna (60min) 10:00AM Flow - Elizabeth (55 min) 4:30PM Body Blast – Dionne (55 min) Chris 5:30PM ZUMBA (50 min) 6:30PM TBC - Russ (55 min) CROSS TRAINING ROOM: 5:30PM BOXING CIRCUIT* Amber (60 min)*18 person max! First come, first serve	22 GROUP FITNESS ROOM: 5:30AM TURKEY BURN TABATA  Joanna (45 min)  9:00AM ZUMBA Elizabeth (55 min)  10:00AM Yoga (60min) Russ No evening classes. STUDIO CYCLING ROOM: 6:00AM Spinning (60min) Katy 6:00PM Spinning- (60 min)Katy	23 GROUP FITNESS ROOM: No classes.  CROSS TRAINING ROOM: No class today.	24 GROUP FITNESS ROOM: No classes.	25 GROUP FITNESS ROOM: 9:15AM Turbo TRICK (55min) Kelly B. 10:15AM DIRTY DOZEN  A strength training workout based somehow on the number 12; 12 exercises, 12 reps, etc. Class may include a small amount of cardio. Lexi (55min)
















NOTE: For sanitary reasons Champions no longer supplies fitness or yoga mats. Members and guests must provide their own. Many classes always require a mat and some others do occasionally. When in doubt, bring a mat. ☺




Like us on Facebook to find out the latest and greatest about our classes and other gym news.

November 26 – December 2 on back.

www.championsofgreenville.com

26 GROUP FITNESS ROOM: 3:30PM  Carrie 60 min	27 GROUP FITNESS ROOM: 5:30AM  Kelly B. 9:00AM  (55 min) Joanna 10:00AM <i>Senior Strong*</i> *Water bottle required! Elizabeth (60 min) 4:30PM Step and Sculpt Mandy C. (55 min) 5:30PM  Julie (55 min) 6:35PM  Julie (35 min) 7:15PM Yoga (60min) Elizabeth STUDIO CYCLING ROOM: 6:00PM Spinning (60 min) Dionne	28 GROUP FITNESS ROOM: 5:30AM  Shiana (45 min) 9:00AM  Joanna (60min) 10:00AM Flow - Elizabeth (55 min) 4:30PM Body Blast – Dionne (55 min) 5:30PM  Chris (50 min) 6:30PM TBC - Russ (55 min) CROSS TRAINING ROOM: 5:30PM BOXING CIRCUIT* Amber (60 min)**18 person max! First come, first serve STUDIO CYCLING ROOM: 9:00AM Spinning (60 min) Dionne	29 GROUP FITNESS ROOM: 5:30AM  Kelly B. (45 min) 9:00AM  Elizabeth (55 min) 10:00AM Yoga (60min) Russ 4:30PM TBC – Mandy C. (55 min) 5:45PM  Julie (50 min) STUDIO CYCLING ROOM: 6:00AM Spinning (60min) Katy 6:00PM Spinning -(60min)Dionne	30 GROUP FITNESS ROOM: 5:30AM Tabata Julie (45 min) 8:00AM Flow Elizabeth (55min) 9:00AM TBC – Joanna (55 min) 4:30PM Strength and Stretch Melinda (55 min) 5:30PM  Laura (55 min) 6:30PM Hip Hop (55 min) Destini CROSS TRAINING ROOM: 5:00PM Body Blast XT Dionne (60 min)	1 GROUP FITNESS ROOM: 5:30AM  Nikki (45 min) 9:00AM <i>Senior Strong*</i> *Water bottle required! Elizabeth(60 min) 10:00AM Step and Sculpt Russ (55 min) 5:30PM  Strength workout that will also keep your heart pounding. A mixture of static (holding) resistance exercises and dynamic exercises (jumping) will be used to challenge all major muscle groups. Appropriate for all fitness levels. Low impact modifications shown. Joanna (55 min)	2 GROUP FITNESS ROOM: 9:15AM  Nikki (45 min) 10:15AM Kickboxing Russ (55 min)
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Name	Duration	Fitness Level			Footwear Recommendations	Class Description
		B	I	A		
BODY BARRE	55 min	✓	✓	✓	Bare feet best	Barre is a low impact, full body workout class that uses the barre to balance while focusing on toning the booty, core and arms. Class includes lots of high rep exercises with bodyweight and small weights. Mat is required and shoes are optional, barefoot is preferred. Barre helps with posture, muscle definition and flexibility.
BODY BLAST	55 min			✓	Cross Trainer or Running	This is an advanced level high intensity circuit training workout consisting of cardiovascular intervals and resistance training intervals. Body blast meets in the group fitness studio.
BODY BLAST XT	55 min			✓	Cross Trainer or Running	An advanced level high intensity interval training class focusing on athletic based moves mixed with periods of recovery. Body Blast XT meets in the Cross Training Studio.
BOXING CIRCUIT	55 min	✓	✓	✓	Any athletic	Heavy bag boxing rounds led by our certified boxing instructor and other exercises utilizing a variety of equipment in our XT room create a tough workout! Bring your own boxing gloves (required). Wraps also recommended. Max of 18 participants, first come, first serve
CARDIO PYRAMID	40ish min	✓	✓	✓	Any athletic	Simple in concept, but very effective. Only a few simple moves (such as jumping jacks, leaps, high knees) performed in set time increments that increase progressively and then decrease in the same manner. No fancy choreography and no rhythm necessary. Just a willing attitude to work hard is all you need for a SUPERHIGH INTENSITY workout. (Low impact variations will be shown for all high impact moves.)
Flow	60 min	✓	✓	✓	Bare feet best	Flow is a dynamic toning and stretching class. It consists of yoga, Pilates, and rhythmic stretching to increase strength and flexibility. ****Bring your mat!!!
HIP HOP	40 - 60 min	✓	✓	✓	Studio, Jazz sneakers or socks	Learn a new mini dance routine in each class to the latest pop/hip hop music. Absolutely no dance experience required. Just cut loose and add your own style to get a seriously fun workout.
	45-60 min	✓	✓	✓	Cross trainers	Similar, but not exactly the same as the videos, P90x LIVE is a FUN, powerful, high energy full-body workout that will keep your body guessing and coming back for more. Although mostly strength training, the class also includes some cardio and core moves. Expect for your body and mind to be transformed as you work towards your fitness goals.
	55 min	✓	✓	✓	Any athletic	Very much like Les Mills BodyPump®, RIP is a barbell workout designed by Power Music Group Rx. Safe and effective exercises are choreographed to fun and motivating music tracks to create a thrilling group fitness atmosphere. Functional strength training is achieved by attacking muscle groups in every movement plane. The results are beautifully sculpted (not bulky) bodies.
SENIOR STRONG	60 min	✓	✓		Any athletic	Geared towards our more mature members, this class offers low impact, low intensity strength training. Some exercises will be performed seated; others will be performed standing.
STEP & SCULPT	55 min	✓	✓	✓	Any athletic	Traditional step aerobics performed on the original Reebok Step bench. Step is lower impact than jogging, but still a highly effective aerobic workout. The step aerobics is combined with overall toning using body weight or resistance equipment such as dumbbells or bodybars for a well-rounded workout.
STRENGTH & STRETCH	55 min	✓	✓	✓	Any athletic	Total body strength training along with flexibility training to target smaller muscle groups. Class includes a lot of core work.
TABATA	45 – 60 min	✓***	✓	✓	Cross trainers	Tabata training is a type of high intensity interval training (HIIT) that follows a specific format: 20 seconds of a very high intensity exercise (e.g., sprints), 10 seconds of rest; repeat 8 times for a total of 4 minutes. A few sets are combined together to create a short, but VERY EFFECTIVE class. ***Tabata training is suitable for most people/fitness levels, but beginners should start with lighter resistance/speed and work their way up to an all-out workout.
TOTAL BODY CONDITIONING (TBC)	60 min	✓	✓	✓	Any athletic	A full body workout in every class, TBC combines strength training and cardio in a wide variety of formats to give you the perfect one hour workout.
	45 min – 60 min	✓	✓	✓	Any athletic (with shock absorption and lateral support).	Burn calories and blast fat! Turbo Kick® is a Beachbody® class that mixes cardio kickboxing sections and HIIT rounds to music that makes you want to move it! You'll love having fun and losing weight.
YOGA	60 min	✓	✓	✓	Bare feet	Come relax and recharge your body, mind and spirit while building your strength, improving your balance and increasing your flexibility. All fitness levels welcome.
	45 - 60 min	✓	✓	✓	Studio, Jazz sneakers or remove shoes	Zumba™ is a Latin-inspired, dance fitness class that incorporates Latin and international music and dance movements which creates a dynamic, party-like atmosphere! Zumba is a cardio-based dance workout that is appropriate for all fitness levels. Come Join the Party!!

Fitness Level Key: B=Beginner, I=Intermediate, A=Advanced