# Uptown Athletic Club

# Class Schedule (each class is 45-60 minutes long)

|  |  |
| --- | --- |
| Mornings |  |
| Class | Time |
| Yoga | 6:00 a.m. |
| Legs and Glutes | 6:00 a.m. |
| Dance | 7:00 a.m. |
| Senior Swimming | 7:00 a.m. |
| Pilates | 7:00 a.m. |
| Sculpting | 8:00 a.m. |
| To the Core | 8:00 a.m. |
| Spinning | 9:00 a.m. |
| Cardio Combo | 9:00 a.m. |
| Upper Body | 9:00 a.m. |
| Swimming | 10:00 a.m. |
| Tai-Chi | 10:00 a.m. |
| Kettleballs | 10:00 a.m. |
| Intro to Weights | 11:00 a.m. |
| Lower Body | 11:00 a.m. |

| Evenings |  |
| --- | --- |
| Class | Time |
| Legs and Glutes | 4:00 p.m. |
| Junior Swimming | 4:00 p.m. |
| Dance | 5:00 p.m. |
| To the Core | 5:00 p.m. |
| Lower Body | 5:00 p.m. |
| Cardio Combo | 6:00 p.m. |
| Tai-Chi | 6:00 p.m. |
| Pilates | 6:00 p.m. |
| Yoga | 7:00 p.m. |
| Upper Body | 7:00 p.m. |
| Spinning | 7:00 p.m. |
| Swimming | 8:00 p.m. |
| Kettleballs | 8:00 a.m. |
| Tai-Chi | 8:00 p.m. |

# Hours

Weekdays 5 a.m. to 10 p.m.

Weekends 7 a.m. to 7 p.m.

# Our Instructors

|  |
| --- |
| Instructor |
| Amy | Strength Training |
| Charlie | Cardio Training |
| Melanie | Swimming |
| Yoga |

*With a membership, you also get a punch card. Every time you participate in a class, you get a punch. After four punches, you get a free class. Here are some other benefits starting with the fifth punch:*

A meeting with the nutrition specialist

$5 off any Uptown Juice Bar order

$10 off any Uptown Healthy Eating entrée

$10 gift card for any Uptown Juice Bar location