# 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.

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| Hours |  |
| Weekdays | 5 a.m. to 10 p.m. |
| Weekends | 7 a.m. to 7 p.m. |

# Our Instructors

*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