

Roebuck

500 Gadsden Highway
Birmingham, AL 35235
(205) 838-1213

To view our schedule on line
go to:
www.sportplex.com



TOTAL FITNESS

Club Hours

Mon - Fri 5:00am - 9:00pm
Saturday 7:30am - 6:00pm
Sunday 9:00am - 6:00pm

OPEN Nursery Hours

Mon & Fri (8:00am -12:00pm)(5:00pm-8: pm
Tues & Thur (5:00pm)(8:00pm)
Wed (8:00am-12:00pm)(5:00-8:30pm)
Saturday 8:00am -11:00am
Sunday Closed

Roebuck GROUP FITNESS SCHEDULE

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|--------------------------------|--|--------------------------------|---|----------------|-----------------------|--------|
| 8:15am | SPINNING | | SPINNING | | SPINNING | SPINNING | |
| 8:30am | | Yoga | | Yoga | | | |
| 9:10am | STEP/WEIGHTS | | STEP/WEIGHTS | | ZUMBA | | |
| 9:15am. | | | | | | STEP/WEIGHTS/ ABBS | |
| 10:15am | Water Aerobics | | Water Aerobics | | Water Aerobics | | |
| 12:00pm | SPINNING | | SPINNING | | SPINNING | | |
| 6:00 PM | FABULOUS ABBS 15 MINUTES | WATER AEROBICS 45 MINUTES KICKBOXING 60 MINUTES | FABULOUS ABBS 15 MINUTES | WATER AEROBICS 45 MINUTES STEP / CARDIO 60 MINUTES | | | |
| 6:15 pm | CARDIO WEIGHT TRAINING | | CARDIO CIRCUIT TRAINING | | | | |
| 7:00pm | | SPINNING | | SPINNING | | | |
| 7:30pm | Yoga / Pilates | | | | | | |

* Substitutions may occur without notice.

Revised: FEBURARY 23, 2010