

GROUPX

SCHEDULE EFFECTIVE JANUARY 23, 2012

MONDAY

5:45-6:15am	CXWORX**	1	Laura
6:15-7:00am	Body Combat Exp.*	1	Laura
8:30-9:30am	BODYPUMP	1	Heather
9:15-10:00am	Flow & Tone*	MB	Valerie
9:30-10:30am	Studio Cycling	CS	Amy
9:30-10:25am	Cardio Step	1	Patty
10:30-11:00am	CXWORX**	1	Patty
11:00-12:00pm	Yogabasics	MB	Janelle
12:00-1:00pm	BODYPUMP	1	Shannon
4:30-5:30pm	BODYPUMP	1	Sue J.
5:30-6:30pm	<u>WEEKLY ALTERNATING FORMATS:</u>		
	Body Combat (1/23)	1	Mary
	Step Works	1	Luann
5:30-6:30pm	Pilates I	MB	Todd U.
5:30-6:30pm	Studio Cycling	CS	Jessica
6:30-7:30pm	Zumba	1	Erin

TUESDAY

5:45-6:45am	Studio Cycling	CS	Mike
8:25-8:55am	CXWORX**	MB	Sue J.
8:30-9:30am	Step	1	Michele
8:30-9:30am	Studio Cycling	CS	Shannon
9:00-9:30am	Tai Chi/Qi Gong	MB	Kathy
9:30-10:30am	Corepole POW	A	Valerie
9:30-10:30am	BODYPUMP	1	Patty
9:45-10:45am	BODYFLOW	MB	Shannon
10:45-11:45am	Yogabasics	MB	Alicia
12:00-1:00pm	Bosu Bootcamp	1	Allyson
4:30-5:30pm	Studio Cycling	CS	Lindsay
4:30-5:30pm	Step Works	1	Michele/Luann
5:30-6:30pm	BODYPUMP	1	Todd U.
5:30-6:30pm	Studio Cycling	CS	Laura
5:30-6:30pm	Zumba	MB	Alison/Laura
6:30-7:30pm	BODYFLOW	MB	Jackie

WEDNESDAY

5:45-6:45am	BODYPUMP	1	Teresa
8:30-9:30am	BODYPUMP	1	Sue B.
8:55-9:25am	CXWORX**	MB	Patty
9:30-10:30am	Zumba	MB	Karen
9:30-10:30am	Studio Cycling	CS	Mary McHale
9:30-10:30am	Step Fusion	1	Patty
10:45-11:45am	Yogabasics	MB	Carrie
12:00-1:00pm	Cycle 'n CXWORX	1/CS	Shannon
4:30-5:15pm	BODYPUMP Express*	1	Amy
5:15-5:45pm	CXWORX**	1	Ginnie
5:30-6:30pm	Studio Cycling	CS	Andrea
5:30-6:30pm	BODYFLOW	MB	Jackie
5:45-6:45pm	BODYCOMBAT	1	Ginnie
6:30-7:30pm	Zumba	MB	Erin

THURSDAY

5:45-6:45am	Studio Cycling	CS	Audrey
8:30-9:30am	Triple Play	1	Sue B.
9:00-10:00am	Corepole 'n Sculpt	A	Mary
9:30-10:30am	BODYPUMP	1	Sue J.
12:00-1:00pm	BODYPUMP	1	Patty
4:30-5:30pm	BODYCOMBAT	1	Beth
4:30-5:30pm	BODYFLOW	MB	Sue B.
5:30-6:30pm	BODYPUMP	1	Ginnie
5:30-6:30pm	Studio Cycling	CS	Cindy
5:30-6:30pm	Zumba	MB	Kathy

* 45 MINUTE CLASS ** 30 MINUTE CLASS

FRIDAY

5:45-6:45am	BODYPUMP	1	Teresa
8:30-9:30am	BODYPUMP	1	Heather
9:00-9:45am	Zumba Express	MB	Vi
9:30-10:30am	Studio Cycling	CS	Amy
9:30-10:30am	BODYCOMBAT	1	Mary/Sue J.
9:45-10:45am	BODYFLOW	MB	Kathy
10:30-11:00am	CXWORX**	1	Sue J.
11:00-12:00pm	Yogabasics	MB	Kelly
12:00-1:00pm	Studio Cycling	CS	Christina
5:00-5:45pm ‡	BODYCOMBAT Exp.*	1	Teresa
5:45-6:15pm ‡	CXWORX**	1	Teresa

‡ No Childcare Available

SATURDAY

7:50-8:50am	BODYPUMP	1	Amy
8:00-9:00am	Studio Cycling	CS	Sue B.
8:00-9:00am	Zumba	MB	Vi
9:00-9:30am	CXWORX**	1	Amy
9:00-10:00am	BODYFLOW	MB	Kathy
9:30-10:30am	Step Works	1	Michele/Luann

SUNDAY

8:00-9:00am	Studio Cycling	CS	Andrea
8:00-9:00am	Step Works	1	Michele/Luann
9:00-10:00am	BODYCOMBAT	1	Ginnie/Laura
10:00-10:30am	CXWORX**	1	Laura
10:10-11:10am	BODYFLOW	MB	Ginnie



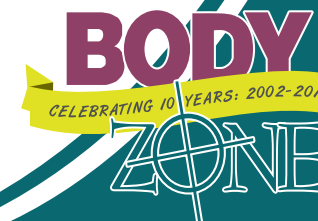
SCHEDULE IS SUBJECT TO CHANGE

FOR THE MOST UPDATED SCHEDULE, VISIT THE GROUPX PAGE IN THE WELLNESS SECTION OF BODYZONESPORTS.COM

bodyzonesports.com
3103 Paper Mill Rd • Wyomissing • 610-376-2100

KEY: 1 Studio 1 CS Cycle Studio
A Agility Room MB Mind Body Studio

For more information regarding the GroupX schedule, please contact Sue Jemison at 610-376-2100 x 330 or sjemison@bodyzonesports.com



CLASS DESCRIPTIONS

CARDIO

BODYCOMBAT™

60 minutes. Explosively popular in clubs around the world, this class combines kicks, jabs and strikes from a range of self-defense disciplines like karate, boxing and Tae Kwon Do into an hour long energetic routine. Try the ultimate martial arts workout ... BODYCOMBAT™

ZUMBA®

55 minutes. A latin-inspired, dance-fitness class that incorporates international music and dance movements, creating a dynamic exhilarating, and effective fitness system. This class combines fast and slow rhythms that tone and sculpt the body using an aerobics/fitness approach.

STEP WORKS , STEP FUSION and CARDIO STEP

60 minutes. Both step formats use a step which can be adjusted to any height to meet the needs of the participant. These classes focus on cardiovascular challenges. Step Fusion incorporates more athletic movement and conditioning drills. Motivating music to keep you inspired.

STUDIO CYCLING

50-60 minutes. This 'freestyle' cycling class is the instructor's choice of music and motivation. Each class normally incorporates climbs and free spins to make the ride a super calorie burner and an extreme cardio workout. Be sure to mention it, if it is your first time taking an indoor cycling class so the instructor can help you set up your bike for proper alignment and give you some riding tips.



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MIND & BODY

FLOW & TONE

60 minutes. A fusion of yoga, pilates, traditional fitness moves and standing ballet. This format delivers benefits through improved balance, core strength and posture.

BODYFLOW™

60 minutes. BODYFLOW™ is the revolution in mind-body training that is changing the way people feel about their bodies. This class is a dynamic exercise-to-music program that leaves members feeling relaxed and renewed. BODYFLOW™ combines the best of eastern disciplines, like yoga and tai chi, with popular new methods like Pilates.

YOGA BASICS

60 minutes. Individual instructors will adapt this class to challenge your personal yoga level.

8 LIMBS OF YOGA

60 Minutes. Focus is on the "8 fold path" of classical yoga structured with a 15 minute discussion followed by yoga poses, meditation and breath work.

PILATES

A 60 minute 'core workout' designed to challenge and change your body by focusing on flexibility & strength. A certified instructor guides you through floor and standing exercise. Modifications will be offered to accommodate all fitness levels.

TAI CHI/QI GONG

Traditional Chinese movement exercises used to improve posture, balance, coordination, endurance and flexibility and to maintain good health and quality of life. Tai Chi can be done slowly or quickly and is used as a way to combine meditation and movement. Qi gong involves different movements that may be done in different orders—movements include raising and lowering the arms, moving the head from side to side, gently rubbing the ears, feet, and hands.

MUSCLE CONDITIONING

BODYPUMP™

60 minutes. BODYPUMP™ is a revolutionary weight training workout in a group fitness setting that uses barbells with adjustable weights. Set to motivating music, BODYPUMP™ is a simple, athletic based workout that strengthens, tones and defines every major muscle in the body. Ideal for the beginner through the experienced exerciser as you are in charge of how much weight you put on the bar.

COREPOLE/COREPOLE EXPRESS

60/45 minutes. Working as a group, exercises progress from single to multi-muscle movements using simple choreography executed on a unique fitness tool called the Corepole. Emphasis will be placed on form, technique and core awareness. Gains in strength are made utilizing the Corepole resistance bands. Corepole Express is 45 minutes.

CXWORX™

Really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. It'll help you run faster ... play harder ... stand stronger! Your workout consists of exercises that both isolate (like crunches and leg extensions) and integrate (like standing balance and hovers) the various muscle groups. It challenges you and you really feel the benefits. (30 minutes)

COMBINATION CLASSES

TRIPLE PLAY

60 minutes. Triple Play fuses three formats. Enjoy all three or pick and choose a portion to serve as an express class. Progression is as follows: 8:30-9am—traditional strength training techniques. 9-9:15am—an intense ab blaster segment. 9:15-9:30am—15 minutes of Qigong, a Chinese practice of aligning breath with physical and mental awareness (much like a slowed version of Tai Chi).

BOSU BOOTCAMP

60 minutes. Part cardio and part toning, this interval styled class provides a comprehensive, total body workout.