

## MONDAY

5:45-6:30am	Studio Cycling*	CS	Jen
8:30-9:30am	BODYPUMP	1	Amy
9:30-10:30am	Studio Cycling	CS	Emily/Mary
9:30-10:30am	BODYSTEP	1	Patty
9:35-10:35am	Zumba	MB	Lily
10:35-11:05am	CXWORX **	1	Patty
11:15-12:15pm	Yogabasics	MB	Jennifer
12:00-12:45pm	BODYPUMP Exp.*	1	Emily/Amy
4:30-5:30pm	BODYPUMP	1	Christine
5:30-6:30pm	<b>WEEKLY ALTERNATING FORMATS:</b>		
	BODYATTACK	1	Steph
	BODYCOMBAT	1	Dan
5:30-6:00pm	CXWORX **	MB	Joan
5:30-6:30pm	Studio Cycling	CS	Carol
6:30-7:15pm	BODYPUMP Exp.*	1	Steph
6:30-7:30pm	BODYFLOW	MB	LuAnn

## TUESDAY

5:45-6:30am	Studio Cycling*	CS	Mike
8:30-9:30am	Step Works	1	Michele
8:30-9:30am	Vinyasa Flow Yoga	MB	Jenn S.
8:30-9:30am	Studio Cycling	CS	Amy
9:30-10:30am	BODYPUMP	1	Patty
9:30-10:30am	BODYFLOW	MB	Allison/LuAnn
10:35-11:35am	BODYATTACK	1	Sarah/Allison
12:00-1:00pm	BOSU Bootcamp	1	Allyson
4:30-5:30pm	Step Works	1	Michele/LuAnn
5:30-6:30pm	BODYPUMP	1	Ginnie
5:30-6:30pm	Studio Cycling	CS	Cindy
5:30-6:25pm	Zumba	MB	Jenni
5:30-6:30pm	H.I.T. Bag Training \$	A	Dan
6:30-7:30pm	BODYFLOW	MB	Kristin

SCHEDULE IS SUBJECT TO CHANGE

Go to [bodyzonesports.com/GroupX](http://bodyzonesports.com/GroupX) for the most recent schedule.

### \$ = Fee Based Classes

All fee based classes require pre-registration and payment. Drop-ins are welcome, however, schedule is subject to change based on member participation.

# GROUP FITNESS

SCHEDULE EFFECTIVE MARCH 13, 2017

## WEDNESDAY

5:40-6:40am	BODYPUMP	1	Teresa
7:00-8:00am	Total Body Intervals	1	Carol
8:30-9:30am	BODYPUMP	1	Mary Ann/LuAnn
8:30-9:25am	Yogabasics	MB	Lily
9:30-10:30am	Studio Cycling	CS	Emily/Mary
9:30-10:30am	Step Fusion	1	Patty
9:35-10:35am	Zumba	MB	Lily
10:35-11:05am	CXWORX**	1	Patty
11:10-12:10pm	Asian Fusion	1	Janet
12:00-1:00pm	Cycle, Core & More	CS/1	Melissa
4:30-5:15pm	BODYPUMP Exp.*	1	Amy
5:15-5:45pm	CXWORX**	1	Ginnie
5:30-6:15pm	POUND*	A	Jenni
5:30-6:30pm	BODYFLOW	MB	Taylor/LuAnn
5:30-6:30pm	Studio Cycling	CS	Evelyn
5:45-6:45pm	BODYCOMBAT	1	Ginnie
6:30-7:30pm	Zumba	MB	Allison F.

## THURSDAY

5:45-6:45am	Studio Cycling	CS	Audrey
8:30-9:15am	Studio Cycling*	CS	Bernadette
8:40-9:25am	Bootcamp*	1	Melissa
9:30-10:30am	BODYPUMP	1	LuAnn
12:00-1:00pm	BODYPUMP/CXWORX	1	Patty
4:30-5:30pm	BODYFLOW	MB	Joan
4:40-5:25pm	Circuit Training*	1	Sarah
5:30-6:30pm	BODYPUMP	1	Michele
5:30-6:30pm	Studio Cycling	CS	Laura

\* 45 MINUTE CLASS \*\* 30 MINUTE CLASS

KEY: 1 Studio 1 CS Cycle Studio TF Turf Field  
A Agility Room MB Mind Body Studio WS Wellness Studio

For more information regarding the GroupX schedule, please contact Sarah Vecchio at 610-376-2100 x 330 or [svecchio@bodyzonesports.com](mailto:svecchio@bodyzonesports.com)

## FRIDAY

5:40-6:40am	BODYPUMP	1	Teresa
8:35-9:35am	BODYSTEP	1	Sarah
8:45-9:40am	Zumba	MB	Christine/Lily
9:00-10:00am	Tai Chi/Qigong	A	Jan
9:30-10:30am	Studio Cycling	CS	Audrey/Cheryl
9:35-10:35am	BODYCOMBAT	1	Melissa
9:45-10:45am	BODYFLOW	MB	Valerie
10:00-11:00am	Ballet Barre Sculpt \$	WS	Lily
10:35-11:05am	CXWORX**	1	Cheryl
11:15-12:15pm	Yogabasics	MB	Lily
12:15-1:00pm	Studio Cycling*	CS	Emily
5:15-6:00pm	Studio Cycling*	CS	Lindsey

## SATURDAY

7:30-8:30am	BODYATTACK	A	Jen/Steph
8:00-9:00am	BODYPUMP	1	Michele/LuAnn
8:00-9:00am	Studio Cycling	CS	Carol
8:00-8:55am	Zumba	MB	Lora/Chantel
9:00-10:00am	BODYFLOW	MB	Valerie
9:00-10:00am	High Intensity Training	A	Corey
9:00-10:00am	Step Works	1	Michele/LuAnn
9:15-10:15am	Studio Cycling	CS	Jen
10:00-11:00am	BODYCOMBAT	1	Linette/Dan
10:05-11:00am	Beginners Vinyasa Yoga	MB	Jenn S.
10:30-11:30am	Corepole 'n Sculpt	A	Mary

## SUNDAY

8:00-9:00am	H.I.T. Bag Training \$	A	Dan
8:00-9:00am	Studio Cycling	CS	Laura
8:00-9:00am	Step Works	1	Michele/LuAnn
9:00-10:00am	BODYCOMBAT	1	Ginnie/Kristin
10:00-10:30am	CXWORX**	1	Jen
10:10-11:10am	BODYFLOW	MB	Ginnie



[bodyzonesports.com](http://bodyzonesports.com)

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## CLASS DESCRIPTIONS

### 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 'N SCULPT:** Gain strength while using resistance bands to go through a progression of single to multi-muscle movements. Emphasis will be placed on form, technique and core awareness.

**CXWORK™:** 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)

### CARDIO

**BODYATTACK™:** The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals -from the weekend athlete to the hard-core competitor!

**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™

**BODYSTEP™:** The energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

**STEP FUSION:** Utilizing a step to be adjusted at any height to meet the needs of the participants. Expect more athletic type movements and conditioning drills to push your cardiovascular fitness to the next level.

**STEP WORKS:** Utilizing a step to be adjusted at any height to meet the needs of the participants. 60 minutes of continuous cardio and step choreography fun!

**STUDIO CYCLING:** 45-60 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.

**Please pick up a number at the desk to reserve your bike!**

**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.

### MIND & BODY

**ASIAN FUSION:** Practiced over 3000 years by Asians, this priceless blend of Tai Chi, Qi Gong, Yoga and Acupressure Points Tapping incorporates continuous, gentle movements to purify and rejuvenate the whole body. This class is appropriate for all, from athletes to older adults.

**BEGINNERS VINAYA YOGA:** This all-levels class will teach students how to flow with ease from one pose to the next using simple breathing techniques, good alignment and posture. Practice specific poses to increase flexibility, balance and strength and learn how to surrender stress and embrace calm.

**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.

**TAI CHI/QIGONG:** This class merges Tai Chi and Qigong--with the goal of improving mind/body health. Physical benefits include improved posture, balance, coordination, endurance, and flexibility. Mental benefits include reduced stress and improved awareness and mental clarity. Continuous gentle movements combined with breathing create meditation in motion. This class is appropriate for anyone who wants to experience the benefits of tai chi and qigong, from athletes to older adults, but can be modified for those with movement limitations, arthritis, fibromyalgia, and autoimmune conditions. Generally performed all standing, but participants can do the class seated if needed.

**VINAYA FLOW YOGA:** This is a moderately paced class with emphasis on good alignment and conscious movement with the breath. Build strength and muscular endurance in addition to flexi-bility, balance and focus. Prior experience with yoga recommended.

**YOGA BASICS:** 60 minutes. Individual instructors will adapt this class to challenge your personal yoga level.

### COMBINATION CLASSES

**BOOTCAMP:** It's the ultimate circuit workout delivering interval cardio and muscle conditioning drills. Expect the unexpected in this bootcamp styled class. Lots of variety, lots of fun, all in 45 minutes.

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

**CIRCUIT TRAINING:** 45 minutes of an intense total body workout, incorporating cardio and strength in a drill type format. You will use a BOSU Ball and/or Step, along with other fitness props to push your fitness to the limit!

**CYCLE, CORE & MORE:** 30 minutes of hard "core" cycling, then transition into Studio 1 for some strength and conditioning with additional focus on Core Training.

**HIGH INTENSITY TRAINING:** Come ready to sweat and be ready for a challenge! This class will be a series of intense timed circuits to increase your strength and cardio endurance. If you're looking to improve your fitness level, this class is for you!

**POUND:** Rock your way to fitness with POUND®, a drumming-based cardio class that promises a high energy and super effective workout and jam session to your favorite tunes. Burn calories as you bang out close to 15,000 repetitions with neon green and light weighted drumsticks called Ripstix®. POUND® boasts science-backed benefits too. Drumming in rhythm helps lower stress and improve cognitive skills like focus and decision making. All fitness levels are welcome.

**Please pick up a number at the desk to reserve your spot in class!**

**TOTAL BODY INTERVALS:** A dynamic mix of cardio and strength intervals, using many fitness props, like the BOSU Ball, step, and weights. Get a total body workout from this awesome, energetic class!

### FEE-BASED CLASSES

#### Ballet Barre Sculpt \$

Tone, lengthen and strengthen your muscles through fun exercises utilizing basic ballet and Pilates principles of alignment, core strengthening, stretching, muscle toning and lengthening.

Fridays @ 10 AM | \$50 per 4-class session or \$20 drop in fee

March session: March 10, 17, 24 and 31

April session: April 7, 14, 21 and 28

May session: May 5, 12, 19 and 26

- Fees are for four-week sessions unless indicated otherwise

- Register at Guest Services or online at [bodyzonesports.com/WellnessStudio](http://bodyzonesports.com/WellnessStudio)

#### H.I.T. Bag Training \$

Come prepared to sweat and train MMA style as you kick and box on our heavy bags. You will be switching on and off the bags, incorporating core and cardio training in an interval style format. All levels are welcome! Must have your own boxing mitts to take this class. Sunday's at 8:00am, \$6/class (introductory fee), \$48 punch card for eight classes. Register at Guest Services or online at [bodyzonesports.com/GroupX](http://bodyzonesports.com/GroupX)

#### FOR ALL FEE-BASED CLASSES:

Call ahead (610-376-2100) for class availability as spots are very limited.

FEES ARE NOT REFUNDABLE.

**bodyzonesports.com**