




March 2020

GROUP X FITNESS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am	Early Bird Circuit Tim						
5:15am				UNDER CONSTRUCTION			
5:45am							
6:15am	Mid- Morning Classes						
8:30am						Rotating Class Check GX Board for Saturday's Rotation	
9:00am	Circuit Training Misty	 Angel	F.I.R.E Debra	30 minute Abs Misty	Bootcamp Misty		
9:30am							
10:00am	Basic Pump & Core Misty	Basic Cardio Jenny	Basic Circuit Debra	 Lidia	 Angel		
10:45am							
11:00am							
	EVENING CLASSES						
3:00pm							
3:45pm							
5:30pm	Pump & Core Pam	Yoga Debra	H.I.I.T Jami	7- FIT Tim			
6:30pm							
7:30pm							

Early Bird Circuit - 60- second station will challenge your heart and lungs as well as your muscles.

HIIT- High intensity interval training which is a form of strength training. You will have cardio training with short periods of anaerobic weight training. All fitness levels.

F.I.R.E - Functional. Interval. Resistance. Exercise. Cardio work is integrated with functional strength training, followed by core work and stretching. All fitness levels.

Zumba Gold-builds cardio health by challenging the heart and working the muscles of the hips, legs and arms with dance moves. Great for beginners, seniors, and others that need modifications.

PiYo - combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

Club Hours	Mon - Thurs	4:30am-10pm
	Fri	4:30am-9pm
	Sat & Sun	6am-8pm
Kids Club	Mon -Fri	8:30am - 10:30am
	Mon- Thurs	5:00 pm-7:30pm
	Saturdays	8:30am - 10:30am



If you have any questions, please reach out to Group X Manager, Misty Hickey

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