



# GROUP FITNESS, CYCLE AND AQUA SCHEDULE

( 9-17-2017)

Club Hours: Mon-Fri: 5:00am-9:00pm; Sat-Sun 6:00am-6:00pm.

Hours and classes subject to change during inclement weather.

Club Phone number: 978-537-8387

Group Fitness Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	5:30am	Tabata (Dawn)	LES MILLS BODYVIVE (Dawn/Erin) 45 min	LES MILLS BODYPUMP (Danielle)	LES MILLS BODYCOMBAT (Katie)	LES MILLS BODYPUMP (Dawn)	8:00am	LES MILLS BODYATTACK (Jenn/Amy) 45 min	LES MILLS BODYCOMBAT (Robin/Erin)
	6:00am	LES MILLS CXWORX (Dawn)					9:00am	LES MILLS BODYPUMP (Tony) 30 min	LES MILLS BODYPUMP (Danielle)
	8:30am	Stretch & Tone (Amy)		Stretch & Tone (Wendy)		15/15/15 (Wendy)	9:30am	LES MILLS CXWORX (Amy)	
	9:00am		LES MILLS BODYATTACK (Amy) 30 min				10:00am	ZUMBA (Tara)	LES MILLS BODYVIVE (Steven) 45 min
	9:30am	LES MILLS BODYCOMBAT (Robin/Erin)	LES MILLS BODYPUMP (Katie K.)	LES MILLS BODYSTEP (Jenn)	LES MILLS BODYPUMP (Taryn)	LES MILLS BODYVIVE (Wendy)			
	10:30am			LES MILLS CXWORX (Jenn)					
	10:45am		ZUMBA (Amy)						
	4:45pm	LES MILLS BODYCOMBAT (Katie) 30 min						Note: Classes which are new/modified will be colored yellow Check out our new cycle bikes and room!	
	5:30pm	LES MILLS BODYPUMP (Dawn)	LES MILLS BODYSTEP (Robin) 45 min	Tabata (Robin)	LES MILLS BODYATTACK (Wendy) 30 min	LES MILLS BODYPUMP (Katie)			
Cycling	6:00pm				LES MILLS CXWORX (Wendy)			 100 Duval Rd, Lancaster MA	
	6:15pm		LES MILLS BODYPUMP (Taryn) 45 min	LES MILLS BODYVIVE (Steven) 45 min					
	6:30pm	ZUMBA (Steven)							
Aqua Fitness	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	5:30am		60 min Cycle (Amy)				7:30am	60 min Cycle (Tony)	
	9:30am	60 min Cycle (Taryn)	60 min Cycle/ Yoga-Pilates (Theresa)	60 min Cycle (Wendy)	60 min Cycle/ Yoga-Pilates (Theresa)	60 min Cycle (Amy)			
Aqua Fitness	5:30pm	60 min Cycle (Katie)	60 min Cycle (Kevin)	60 min Cycle (Taryn)					
	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	8:30am	Aqua Fitness (Danya)	Aqua Fitness (Jane/Terri)	Aqua Fitness (Jane)	Aqua Fitness (Danya)	Aqua Fitness (Jane/Terri)			
Aqua Fitness	9:30am	Aqua Ease (Amy)		Aqua Fitness (Jane)		Aqua Fitness (Dayna)			
	6:30pm	Aqua Fitness (Debbi)		Aqua Fitness (Nickie/Sandy)			5:00pm		Aqua Fitness (Debbi/Jane)

Please address comments to Dawn Farrar at [dawncfarrar@yahoo.com](mailto:dawncfarrar@yahoo.com) or Wendy Bertrand at [lizandamandasmom@hotmail.com](mailto:lizandamandasmom@hotmail.com).  
Instructors are subject to change.

You must be on time for all classes. Due to the safety of members and the flow of classes, anyone more than 5 minutes late will not be allowed in class.



BODYATTACK™ is 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™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.



BODYPUMP™ is the original barbell class that shapes, tones and strengthens your entire body. Often referred to as 'Pump' by those who love it, it's one of the world's fastest ways to get in shape. This 60-minute addictive workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. The key to BODYPUMP™ is [THE REP EFFECT™](#), a breakthrough in fitness training focusing on high repetition movements with low weight loads. This will help you achieve strength and introduce lean body muscle conditioning.



BODYSTEP™ is 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.



BODYVIVE™ is the optimal mix of strength, cardio and core training. The lower-impact, whole body group fitness workout for everyone, with a mix of lunges, squats, running and tube exercises that will help you burn calories and take your fitness to the next level. You'll leave fizzing with energy and on track for all-around healthy living.



CXWORX™ really hones in on the torso and sling muscles that connect your upper body to your lower body in just 30 minutes. 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!

## Stretch & Tone

An introductory class that begins with gentle stretches to warm all muscle groups. Light weights for targeted functional strength exercises will help tone and shape from head to toe. Core work is the final working phase. Class ends with another set of gentle stretches helps to restore length to all muscles. This class is great for participants of all ages looking to work at their own pace to get safe and effective toning.

## Tabata

Hi high energy interval training workout. Four minutes of an exercise that alternates between 20 seconds of work followed by 10 seconds of rest, for a total of eight rounds of each move. These workouts are fast-paced, fun, easy to follow, and burn lots of calories.



The Zumba® workout provides long-term fitness benefits through exhilarating, high calorie-burning fitness classes, and its simple dance moves from around the world increase the fun factor. Zumba classes feature routines set to fast and slow rhythms that successfully tone and sculpt the body while burning fat.

## 15/15/15

This 45 minute class consists of a low impact cardio segment with bandanas to help strengthen and tone your upper body. Free weights are added to continue toning. Lastly, we go to the floor to work on our lower body and core. Working at your own pace, and with weights that fit your needs is a must. It is a fun and motivating class!

**All Aqua Fitness and Cycle Classes are suitable for any fitness level.**