

February



Lake Norman Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45AM	 Cycle w/ Bonnie	 w/ Megan	 Cycle w/ DeeDee	 w/ Rebecca		 9:00AM	 12:00noon
9:30AM	 w/ Candace		 w/ Bonnie		 w/ Angela	6th- Bonnie, 13th- Candace, 20th- DeeDee, 27th- Angela	 w/ Amanda
10AM-Tue/Thur 10:35AM- Mon, Wed,Fri	 Rotating Class	 Cycle & Core w/ Bonnie- 10am	 w/ Meg- 10:35am	 Cycle & Core w/ Bonnie- 10am	 Rotating Class	 10:15AM	
5:45PM	 Step w/ Laurie (40 min)		 Bootcamp w/ DeeDee(40 min)			6th- Mandy, 13th- Tammy, 20th- DeeDee, 27th- Lynda	
6:00PM		 Kickboxing w/ DeeDee	 Cycle w/ Laurie	 Step w/Laurie & Cycle w/ Lynda		 <b><u>Rotating Classes</u></b>  We're doing it again! In February, check out different instrutors and different styles Mon/Fri at 10:35am and Tues/Thurs at 7:00pm. Please see posted signs at the gym for details on class formats.	
6:30PM	 w/ Brian &  Cycle w/Laurie		 w/ DeeDee				
7:00PM		 Cycle w/ Deedee &  Rotating Class		 Rotating Class			
7:35 PM	 Yoga w/ Tammy		 Pilates w/ Amanda				



## getting to know your classes



GROUP POWER is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!



KICKBOXING A cardiovascular fitness class designed to teach you how to safely jab, punch, uppercut and kick your way into shape. Class is not designed for self-defense, just fun, fun, fun!! This class is 60 minutes.



STEP- A great total body workout! Using the step and your own body weight for resistance, learn fun and challenging combinations of movements that will get your heart pumping. This class is 40 minutes on Mondays evenings and 60 minutes on Thursday evenings.



BOOTCAMP The class combines sports drills, plyometrics, will power, and a dash of challenge to create a better body. A great all-around workout with a cardiovascular component to round out the experience. This class is 40 minutes.



CYCLE is a fun, athletic, cardiovascular cycling workout that burns up to 600 calories per hour. If you can ride a bike, you can spin. Don't think that you need to be a world class cyclist or triathlete to enjoy "the ultimate calorie burner." This class is 45 minutes.



CYCLE & CORE - 45 minutes of a great cardiovascular cycling workout followed by 15 minutes of core work to strengthen and tone the abdominals and lower back This class is 60 minutes total.



ZUMBA is a fusion of Latin and International music- dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. This class is 60 minutes.



YOGA Relax your mind while strengthening your body ! Try this great non-aerobic class that will increase your flexibility and rejuvenating your spirit with the postures, and breathing techniques of yoga. Achieve total peace and harmony with this great full body workout. This class is 60 minutes.



**Pilates**

PILATES Strengthen, lengthen, and tone your posture and enjoy the benefits of improved respiratory function. The ultimate abdominal and back strengthening workout. This class is 60 minutes.

## club information

Lake Norman ZX Fitness  
20420 W. Catawba Ave.  
Cornelius NC 28031  
(704) 895-8100

### Club Hours:

Monday - Friday: 5am -11pm

Saturday: - 8am - 6pm

Sunday: 10am - 5pm

### Child Care Hours:

#### Mornings:

Mon thru Friday 8:30am-12:00noon

Saturday 8:30am - 12:00pm

#### Evenings:

Mon&Wed 4:00pm-8:00pm

Tues&Thurs 4:00pm-8:00pm

All classes with consistent low numbers are subject to change.