



FEBRUARY

Lincolnton Group Fitness Schedule

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 AM	 Interval Sculpt w/ Ginger	 Cycle w/ Lynda	 w/Ginger	 Cycle w/ Lynda		 9:15 Cycle w/Wendy
10:30 AM		 Abs w/Lynda(30min)		 Abs w/Lynda(30min)	Saturday Alternating w/ Wendy: Zumba-6th&27th, Kickbox-13th, and Step on the 20th	
11:00 AM						 11 am Bootcamp
Evenings	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Keep your heart strong and healthy!! Join us for our numerous "Cardio" classes such as Cycle, Zumba, Step, Fitcamp, Bootcamp, Interval Sculpt, and Kickboxing... Remember: Your Heart is your most valuable muscle and you can only train it by doing Cardio!
5:30 PM	 w/ Wendy	 Interval Sculpt w/Ginger	 Step w/ Wendy	 Cycle w/ Wendy		
6:30 PM	 Cycle w/ Wendy	 Cycle w/ Ginger	 Fitcamp w/ Wendy	 w/ Wendy		



Getting to know your classes



INTERVAL/SCULPT / FITCAMP You get it all in this class! Intervals of cardio , barbell work to sculpt the muscles , toning exercises along with core -strengthening moves makes this a one-stop-all-inclusive workout !



ZUMBA A fusion of Latin and international music - dance themes creating a dynamic, exciting, effective fitness system! Routines feature aerobic/fitness interval training with a combination of fast & slow rhythms that tone and sculpt the body.



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



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". Cycle classes are 45 minutes !!!!



ABDOMINAL TRAINING/CORE CRUNCHERS: Utilizing major and minor muscle groups of the abdominal and lower back, learn to strengthen and tone your mid-section by performing crunches, isolation work, and resistance training. This class is 30 minutes.



Step: Choreography-driven cardio workout. Challenge your mind and body as you work step moves on the bench to today's latest tunes. All levels welcome!

club information

Lincolnton ZX Fitness
2620 East Main St.
Lincolnton, NC 28092
(704) 732-6115

Child Care Hours:

Monday thru Thursday
8:00 am-12:00pm & 4:00pm-8:00pm
Friday 8:00am-12:00pm
Saturday 9:00 am -12:00pm

Club Hours:

Monday 5:00am -Thursday 1:00am
Friday 5:00am-8pm Saturday 8am-5pm
Sunday 12:00am - 5:00pm



Questions or Concerns?

Email Group Fitness Director
Tracy.Yegonama555@yahoo.com