





FEBRUARY 2010

Matthews
Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	GROUP RIDE™ w/ Courtney	GROUP POWER™ w/ Nikkie	GROUP RIDE™ w/ Kelly	GROUP POWER™ w/ Susan	Discover Results!	GROUP RIDE™ 9:00 AM 6th & 13th Debbie, 21st Marie CYCLE, 27th Kelly
8:30 AM M/Th/F 8:45 AM Wed	CARDIO BLAST w/ Kelli		STEP w/ Christie (45min)	BODY SCULPT w/ Aimee	Kickboxing w/ Laura (45min)	
9:30 AM	GROUP POWER™ w/ Kelli	ZUMBA FITNESS w/ Leigh Ann	GROUP POWER™ w/ Christie	ZUMBA FITNESS w/ Leigh Ann	GROUP POWER™ w/ Stephanie	ZUMBA FITNESS 9:00 AM 6th Jaimee KICKBOXING, 13th Denise ZUMBA, 21st Lauren BOOT CAMP, 27th Nikkie ZUMBA
10:35 AM	YOGA w/ Alice	30 min ABS w/ Leigh Ann	BB HEALTHY MOVES w/ Linda	PILATES w/ Alice	20/20/20 w/ Leslie	
11:35 AM			YOGA w/ Linda		20 min cardio! 20 min sculpt! 20 min abs!	
4:30 PM M/W 4:45 PM Th	ZUMBA FITNESS w/ Denise	Join the Party!	ZUMBA FITNESS w/ Denise	CARDIO SCULPT w/ Rachelle		GROUP POWER™ 10:15 AM 6th Debbie, 13th Kristin G, 21st Elizabeth, 27th Kelly
5:30 PM M/W 5:45 PM T/Th 6:00 PM Fri	GROUP POWER™ w/ Rachelle	ZUMBA FITNESS w/ Tracy	GROUP POWER™ w/ Nikkie	ZUMBA FITNESS w/ Irina	BELOW THE BELT w/ Vicky	
6:00 PM Cycle Rm	Ride on!	GROUP RIDE™ w/ Debbie		GROUP RIDE™ w/ Monica	CYCLE w/LeighAnn	Free-style Fridays!
6:30 PM M/W 6:45 PM T/Th	Kickboxing w/ Jaimee	GROUP POWER™ w/ Kelly	PiYo w/ Leslie	GROUP POWER™ w/ Debbie		
6:30 PM Cycle Rm	GROUP RIDE™ w/ Courtney		GROUP RIDE™ w/ Jaimee	Possibilities for spring! Interested in Kid's Fit, Kid's Yoga or Zumbatomic? Email keljohnsn@yahoo.com		 

Get 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!



GROUP RIDE® Everyone finishes first in Group Ride! Pedal in groups, roll over hills, chase the pack, climb mountains, and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared toward everyone who can ride a bike. Motivating music, awesome instructors, and an inspiring group environment let's you RIDE ON!!



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!



CARDIO SCULPT A group exercise class designed to burn those unwanted calories and give you the tone you want. Alternating between lo or hi impact cardio and strength training. 60 min



CARDIO BLAST A combination class of all forms of cardio for those that want a diverse experience. A Cross Training of Cardio Regime if you would!!!! (60min)



CYCLE Pedal your way through a great cardiovascular workout with our cycle team at Peak! Cycle indoors and enjoy the non-impact workout! Everyone is welcome to ride with us, all levels of fitness and experience.



ABSOLUTE ABS Utilizing major and minor muscle groups of the abdominals and lower back, learn to strengthen and tone your stomach by performing crunches, isolation work, and using small weights. This 15 minute intense workout focuses on tightening, trimming, building and strengthening the abdominal muscles.



YOGA Relax your mind while strengthening your body! Try this great non-aerobic class that will rejuvenate your spirit with the postures and breathing techniques of Yoga. Achieve total peace and harmony with this great full body workout.



BB HEALTHY MOVES Designed for the mature adult, covering the physical trends of the "Baby Boomers" needs. This program is designed to meet your specific needs of incorporating overall activity and focus on improving strength, cardiovascular fitness and flexibility



PILATES A series of exercises based on the work of Joseph Pilates designed to strengthen and lengthen muscles with special focus on the core. Pilates is an excellent non-aerobic form of body conditioning and training that anyone can do regardless of age or ability. It targets the deep postural muscles. The aim is a long, lean, strong body.



BODY SCULPT Strength training class using weighted barbells, dumbbells, balls, bands and other equipment designed to increase your overall muscle tone and burn more calories throughout the day!



STEP Always a great cardio workout! This class begins with a traditional warm-up followed by a high intensity aerobic session using the platform. By adjusting the step height and/or intensity level, all fitness levels should be able to participate.



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. 60 Minute Class



PiYo™ is the perfect blend of Pilates, Yoga, sports stretch, dance stretch, and athletics that will help you burn calories and build muscle! The dynamic blend of movement increases strength, balance, and agility, while being easy on the mind and the joints. This workout provides an incredible mind/body experience and helps you lose weight.



BOOTCAMP These classes combines plyometrics, will power, with a dash of challenge to create a better body. A great strength training workout with a cardiovascular component to round out the experience. 60 minutes.



BELOW THE BELT- Get ready for the burn. Work your problem areas below the belt. You will love the results you see in the mirror! High impact with Low impact options for all levels. 45 minutes



20/20/20 TRIPLE THREAT- This class is for everyone!! 20 minutes of cardio, 20 minutes of sculpting, and 20 minutes of abs. Cardio may be step, floor aerobics or kickboxing, which will be determined by the instructor.

Matthews ZX Fitness
10404 Independence Blvd
Charlotte, NC 28106
(704) 814-7325



Child Care Hours:

Monday - Friday 8:30am to 12:00pm
Monday - Thursday 4:00pm to 7:00pm
Saturday 8:30am to 12:30pm

Club Hours:

Open 5:00am Monday through 5:00pm
close on Saturday
Open Sunday 10:00am to 5:00pm



MORE NEW CLASSES!

Tues/Thurs 5:45AM Group Power



Tues 6:45PM Group Power



Wed 8:45AM Step



Wed 10:35AM Healthy Moves

Wed 11:35AM Yoga



Thurs 6:00PM Group Ride



Fri 10:35AM 20/20/20



Fri 6:00PM Free-style Cycle



Fri 6:00PM Below the Belt & ABS



ZX Fitness... Zero eXcuses!



Looking for a **Zumbatomic** instructor!

Please contact Group Program Director
of **ZX Fitness Matthews**

Kelly Johnson at kelljohnsn@yahoo.com

All classes with consistent low numbers are subject to change.