

# February-10



ZX Fitness

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Attention Members:</b>	<b>5:45 AM</b>	 Christie	 Kristin	 Cycle w/ Melody		 Christie	<b>9:00AM Cycle Room</b> 
	<b>9:00 AM</b>			 Kickboxing w/Margret	 Jennifer	<b>Come Join Morning Step On Friday's @ 9:30am!</b>	2-6 Jen R, 2-13 Jake, 2-20 Christie, 2-27 Jen W
<b>Come Join In The Fun! In Group Ride "Everyone Finishes First!"</b>	<b>9:30 AM</b>	 Jennifer	 Sabrina			 Step W/ Jennifer	
	<b>10:00 AM</b>	 YOGA 10:30 Margaret		 Pilates Margaret	 Push Fitness/ Debbie	 10:30 Debbie	
<b>Your "Hour Of Power" Is Waiting On You!</b>	<b>5:45 PM</b>	 Debbie	 Step W/ Jennifer	 Christie	 Yogalates/ Sarah		<b>10:00 AM</b> 
	<b>5:45 PM Cycle RM</b>	 Jake	 Christie		 Rotation		Debbie (Kristin 6th)
	<b>6:45PM</b>	 YOGA Christie	 Christie/Debbie	 Sonia	 Kristin/Jennifer		



## Getting to Know YOUR Classes



**GROUP POWER** Is your hour of Power! This 60 minute barbell program strengthens all your major muscle groups 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! (60 min)



**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 for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On! (60 min)



**YOGA** A delicious mind and body moving class. This class integrates the asanas (postures) with mindful awareness into a practice designed to develop strength and flexibility. In this class, you will experience a focus on proper body alignment, core stability and balance...enhance your focus, enhance your life! (60 min)



**KICK** - A cardiovascular fitness class designed to teach you how to safely jab, punch, uppercut and kick your way into shape. Designed only for fun, fun fun!! (60 min)



**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 tri-athlete to enjoy "the ultimate calorie burner." (60 min)



**STEP w/ Ab Blast** Includes a combination of step aerobics for about 40 -45 minutes followed by 15-20 minutes of core training. Get ready for great workout that's sure to have you sweating the calories away! (60 min)



**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.



**ZUMBA** A dance based cardio class utilizing the principals of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. Zumba is not only great for the body, but is also great for the mind. It is a "feel-happy" workout. (60 min)



**Push Fitness** This class offers a intervals of cardiovascular challenges and weight training skills. It is designed to work cardiovascular fitness and increase your strength all in a 60 minute class. Don't miss this one!



**BOOTCAMP** consists of exercises which will include cardio drills, some short distance running/fast walking, lunges, core strength, jumping rope, obstacle courses, some hill work depending on outdoor locations, push-ups, circuit training, athletic drills, yoga and much more! Modifications to exercises will be provided where needed. This is not an aerobics class; the moves will be individually intense, not choreographed. (60min)

## Club Information

**Wade Hampton ZX Fitness**  
**3150 Wade Hampton Blvd.**  
**Taylors, S.C. 29687**  
**(864) 292-6590**

### Child Care Hours:

**Monday Thru Friday : 8am-12:00pm**  
**Monday Thru Thursday: 4:30 pm – 8:00 pm**  
**Friday 4:30 pm - 7:30 pm**  
**Saturday: 8:30am-11:30am**

### Club Hours:

**Monday -Friday 5:00am-11:00pm**  
**Saturday 8:00am-6:00pm**  
**Sunday 10:00am – 5:00pm**



**Classes that require sign-up:**  
**Cycle and Group Power classes require you to sign-up at the front desk up to 30 minutes before class starts to reserve your spot. You must be present at the club to sign-up. Thank you for your cooperation.**