



February

Concord ZX

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am		 Xpress -Monica		 Xpress -Monica		 Training Ride with John at 8:30AM
8:30am (except Tues @8:45)	 Cardio Blast -Laura	 Awesome Abs -Angie	 Michelle	 Pilates- Melissa	 Step w -Laura	
9:15am	 Angie	 Angie	 Angie	 Crystal	 Laura	 <u>Saturday 9am</u>
10:30am (except Tues @9:30)	 MSROM -KIM	 SS yoga-Kim	 CardioCircuit-Angie	 SS yoga-Crystal	 MSROM -Crystal	6th Kickboxing with Mariko 13th Zumba with Cathie 20th Kickboxing with Mariko 27th Zumba with Casi
4:15pm				 Mariko		 <u>Saturday 10:00am</u>
5:30pm Studio I	 AC+ 15 min.Abs- Angie	 Kim / Evelyn	 Cathie- Zumba	 Mariko		6th Group Power with Mariko 13th Group Power wiith Angie 20th Group Power with Mariko 27th Group Power wiith Angie
5:30pm Studio II	 Crystal		 Yvonne -Cycling			
6:15pm		 John		 Awesome Abs with Mariko (15min)		<div style="background-color: yellow; border: 1px solid black; padding: 5px; text-align: center;"> Real Athletic Workout </div> <div style="background-color: green; padding: 10px;"> RAW with Nick \$4 per person....join Nick on Sunday February 7th and Sunday 21st at 2:30pm </div>
6:25pm M / W 6:30pm Tues./Thurs.	 Casi	 Casi	 Casi	 Casi		
7:35pm	 7:35 Funky Fit- Grace		 7:35 Funky Fit - Sheridan		SEE BACK FOR FURTHER DETAILS Of Christmas class Schedule	



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!



STEP Includes a combination of step aerobics and strength training using weights and/or your own body resistance. A great total body workout!



ATHLETIC CONDITIONING (AC) The class combines plyometrics, will power with a dash of challenge to create a better body. A great way to gain strength with a cardiovascular component to round out the experience.



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! (X-Press class 40min)



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



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.



FUNKY FIT - N'shape with N's Nettie Reeves choreographs these Funky Fit routines that include invigorating moves that equal versatile, hip, positive fun. But don't let the FUN fool you. This class will have you in definite cardio mode without watching the clock. You will be addicted! No impact, low impact & high impact versions demonstrated.



AWESOME 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 30 minute intense workout focuses on tightening, trimming, building and strengthening the abdominal muscles. Awesome Abs



CARDIO BLAST A group exercise class designed to burn those unwanted calories and give you the tone you want. We will alternate between stationary cardio, low-impact cardio and step. This class is 45 minutes



ZUMBA - Zumba is a fun, effective, and simple way to maximize caloric output, fat burning, and total body toning. The sexy and explosive Latin rhythms create a party-like atmosphere that delivers results as well as a "feel happy" workout.



PILATES- A vigorous, energetic and updated form of Pilates. This class is challenging and will improve flexibility, strengthen the abdominal and back muscles and sculpt the thigh, seat and arm muscles to deliver a total body workout. All set to high energy motivating music.

club information

Concord ZX Fitness
929 S Concord Parkway - Unit G
Concord, N.C. 28027
(704) 795-6000

Child Care Hours:
Monday thru Friday 8:30am-12pm
Monday thru Thursday 4:00pm - 8:30pm
Friday Evenings 4:00pm - 7:30pm
Saturday 8:30am - noon

Club Hours:
Monday-Friday 4:30am - 11pm
Saturday 5am- 5:00pm
Sunday 9:00am - 5:00pm

Group Program Director:
Angie Austin
aajan27@ctc.net

*Happy Valentines day!!
Get your Heart in Shape!*