

February 2010



South Park

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	w/ Kelly	w/ Courtney	w/ Courtney	w/ Courtney		9:00 AM Group Ride / Cycle (FS) 	10:30 AM Pilates
8:30 AM Studio 1				w/Kelly	Cardio Sculpt w/ Jennifer M	6th Kristine; 13th Kelly; 20th Courtney; 27th Kristine	7th Donna; 14th Donna; 2st Sara; 28th Sara
9:30 AM Studio 1	w/ Betsy	Step w/ Jennifer M	Cardio Sculpt w/ Rachel	Step w/ Miki	Cardio Sculpt w/ Jennifer M		
9:30 AM Studio 2	w/ Linda				w/ Linda	9:00 AM Step (S) Cardio Blast (CB)	
10:30 AM Studio 2	Healthy Moves w/ Linda				Healthy Moves w/ Linda	Zumba (Z)	
Noon Studio 1 & Cycle Room	w/ Miki	w/ Kelsi	w/ Kristine	w/ Kelsi	w/ Kristin G	6th Jen B (Z); 13th Miki (S); 20th Amy (CB); 27th Miki (S)	
4:30 PM Studio 1		Step w/ Miki		Step w/ Miki		10:15 AM 	
5:30 PM Studio 1	w/ Kristy	w/ Miki	w/ Kristy	w/ Betsy	w/ Jennifer B	6th Kristin G; 13th Miki; 20th Courtney; 27th Miki	
5:45 PM Cycle Room & Studio 2	w/ Dave	w/ Courtney	w/ Betsy	w/ Kristine		10:30 AM 	
6:30:00 PM Studio 1	w/ Kelly		w/ Julie			6th Dave; 13th Betsy; 20th Rowena; 27th Dave	
6:45:00 PM Studio 1		Funky Fit w/ Julie Ray @ 6:45pm		Funky Fit w/ Julie Ray @ 6:45pm			



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!



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!



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 strength training. This class is 60 minutes.



CYCLE is a fun, athletic, cardiovascular 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." cycle is 60 minutes.



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!!



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.



CARDIO SCULPT A little bit of everything in 60 min. Both your cardio components and resistance training in one.



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.



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



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.



ABDOMINAL TRAINING Utilizes all the major and minor muscle groups of the abdominals 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 step class at a basic level that leaves room to moderate one's own intensity. Step to the beat with basic step moves and simple patterns.

ABOVE ARE CLASS TYPES AND DESCRIPTIONS THAT WE OFFER AT THIS PEAK LOCATION. IF A CLASS TYPE IS OMITTED OR NOT OFFERED ON THIS SCHEDULE YOU CAN ENTRUST WE ARE WORKING ON THE AVAILABILITY FOR THE COMING MONTHS.

club information

Child Care Hours:
Monday thru Friday
9:00am – 1:00pm
Monday thru Friday
4:30pm-8:00pm
Saturday
9:00am – 12:00pm

ZX Fitness
Southpark
2101 Rexford Rd
Suite 50W
Charlotte, NC
(704) 364-0400

Club Hours:
Monday thru Thursday
5:00am – 10:00pm
Friday 5:00am – 8:00pm
Saturday
8:00am – 5:00pm
Sunday 10:00am – 5:00pm

Please be aware of our NEW policy regarding all cycle classes. Sign-up is REQUIRED effective Apr 1 at the front desk. Absolutely NO exceptions.

SP ZX GROUP FITNESS NEWS

Welcome Pineville members!
To accommodate our adopted members; we are happy to have Linda LaSalle join us from the Pineville location to teach Yoga and Healthy Moves on Monday and Friday mornings.

Also, we have added an 8:30am Group Power class on Thursday mornings.

Please check the front desk for schedule updates or email Miki Russ, Group Program Director at mruss@att.net