

Group Exercise Schedule
























80 Middlesex Street - Lowell, MA
978/441-1166
www.theclub-lowell.com

Club Hours

Mon-Thur...5:00am-10:00pm
Friday.....5:00am-9:00pm
Saturday..7:30am-6:00pm
Sunday...7:30am-4:30pm

Babysitting Hours

Mon-Fri..... 9:15am-3:00pm
Mon, Tues, Thurs.....4:45pm-8:00pm
Wednesday.....4:45pm-8:45pm
Saturday..... 8:45am-12:30pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:30am Yoga  Kim	7:00-8:00am  Anna	5:30-6:30am  Victoria	7:00-8:00am  Anna & Steve	5:30-6:30am  Victoria	7:00-8:00am  Mary Jo	9:30-10:30am  Serina & Anna
9:30-10:30am Whipped!  Sharon B.	10:30-11:30am Box Fit  Sharon C.					10:30-11:30am Cardio Kickbox  Sharon C.
	5:30-6:00pm Ab/Core Challenge  Sharon C.	5:30-6:30pm  Donna & John	5:30-6:30pm Cardio Drills  Sharon C.	5:30-6:30pm  Donna		
	6:00-7:00pm Power Step  Sharon C.	6:30-7:30pm Box Fit  Sharon C.	6:30-7:30pm Move-N-Groove  Sharon C.	6:30-7:00pm Ab/Core Challenge  Donna	Schedule Starts 9/18/11! Please Note- You must have boxing gloves or wraps to attend the Box Fit class. Everything you need will be available for sale at the front desk.	
	7:00-8:00pm  Paula		7:30-8:30pm Yoga  Kim	7:10-8:00pm  Paula		

Please note that a class may be discontinued due to lack of attendance



GROUP EXERCISE CLASS DESCRIPTIONS

Towels, water & proper footwear are required for all classes



AB/Core Challenge - Attack your midsection with a **BLAST** of core and abdominal, ball & bar work. All guaranteed to enhance abdominal definition and stability.



Body Pump - An amazing 60 minute workout that blends weights, group exercise and awesome music to get results FAST! You will see your body change shape within 6 weeks. More lean muscle tone, more fat burning, more energy! Perfect for the person who is not motivated to do traditional weight training on their own. "Body Pump Gang" indicates that any given pump instructor may be teaching.***Please note*** We highly encourage participating in a Body Pump Clinic before taking this class. See front desk for dates and times. There is an additional charge for Body Pump class. 1 single class - \$1.50 or a 10 class card is \$10.00



Box Fit- This 60 minute interval boxing class will combine the best cardio exercises, body resistance training and crazy core work to give you the ultimate workout! Class will include hitting the boxing bag. Boxing gloves or wraps are required (they are available for sale at the front desk) All levels are welcome!



Cardio Drills - This class will be a guaranteed favorite if you want to see great results and like a challenge. Don't expect the same class twice! You will mix different cardio styles. plyometric and body resistance exercises.



Cardio Kickbox -This class is a knockout! A challenging athletic workout for all fitness levels. Increase endurance, burn crazy calories and feel instantly energized!



Move-n-Groove - FUN! FUN! FUN! This dance base cardio class blends easy to follow dance steps from a variety of different styles from latin, hip/hop, urban, disco, and more. You will have such a great time, you won't even realize that you burned a ton of calories!



Power Step-Step high or step low! Any way you like it! Your instructor will take you through a heart pounding, fat burning cardio routine.



Urban BootCamp - How about a boot in the butt? We will do whatever it takes to push you above and beyond your limits! Intense cardio, strength and endurance training, Indoor and Outdoor Bootcamp training drills will be the focus. Please note - This class runs in 6 week intervals and is an additional fee of \$38 for members. You can join the session anytime and pay a prorated rate. See the front desk for details.



Whipped! - For those who don't think that Sunday is a day of rest! This class will literally whip you into great shape. A mix of plyometrics, quick bursts of cardio, body resistance training, challenging abdominal and core work. Come see for yourself. All levels are welcome!



Yoga- A blend of various styles of yoga to improve flexibility, balance, strength and breathing technique. Improve posture as you lengthen and stretch muscles all while building strength and lean muscle mass. Reshape your body and mind. Good for all levels.



The Zumba® program fuses hypnotic international rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!