



**GROUP FITNESS CLASSES**

# SCHEDULE | Tolland

Contact club to reserve your class: (860) 896.1897

Club Hours: 24 Hours Monday 12am - Friday 9pm, Saturday & Sunday 7am-5pm

Visit our website for class schedules: [www.mycardioexpress.com](http://www.mycardioexpress.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7-8am X-Zone 3		7-7:30am Core Fusion		7-8am Body Blaster Bootcamp		
8-8:30am Core Fusion	2-3pm X-Zone 1	8-9am X-Zone 2	2-3pm X-Zone 1	8-9am Xtreme Intervals		
9-10am Body Blaster Bootcamp	3-4pm Total Tone	9-10am Body Blaster Bootcamp	3-4pm X-Zone 2	9-9:30am Core Fusion		
10-11am X-Zone 2	4-5pm Xtreme Intervals	10-11am X-Zone 3	4-5pm Total Tone	10-11am X-Zone 3		
11am-12pm Total Tone	5-5:30pm Core Fusion	11am-12pm Xtreme Intervals	5-6pm X-Zone 3	11am-12pm X-Zone 2		
12-12:30pm Core Fusion	6-7pm Body Blaster Bootcamp	12-12:30pm Core Fusion	6-6:30pm Core Fusion	12-12:30pm Core Fusion		
1-2pm X-Zone 2	7-8pm X-Zone 3	1-2pm Total Tone	7-8pm Body Blaster Bootcamp	1-2pm Total Tone		
	8-9pm Total Tone		8-9pm Xtreme Intervals			
	9-10pm Body Blaster Bootcamp		9-10pm X-Zone 2			

## CLASS DESCRIPTIONS

**X-Zone Class Programming** - A 3-phase program for everybody! Progressive series of classes designed to educate and motivate. Follow the 3 month workout plan or go to the level that fits you best.

**Total Tone** - A combination of exercises guaranteed to get you totally tone from head to toe. Learn how to enhance your existing routine on the Star Trac Human Sport circuit.

**Core Fusion** - Core training helps to stabilize your spine, strengthen the lower back, and tone your mid section to get the rock hard abs you've always wanted!

**Body Blaster Bootcamp** - This circuit based interval workout is designed to increase endurance, strength, and burn a ton of calories!

**Extreme Intervals** - Cardio at its best! Get motivated to maximize your endurance, strength, and calorie burn.

All classes are allotted a one hour time block. The workout phase of each class is approximately 45 minutes, leaving available time for you to meet with your coach. For your convenience, classes (with the exception of SPINNING® and yoga) may be scheduled up to one week in advance by contacting your local Cardio Express club. Class availability and schedules vary by location. Some classes are restricted by membership type. Contact club for details.