



# 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 |
|----------------------------------|-----------------------------|----------------------------------|----------------------------------|------------------------------------|----------|--------|
| 7am-7:45am<br>Lower Body X-Press | 7am-7:45am<br>Cardio Fusion | 7am-7:45am<br>Total Tone         | 7am-7:45am<br>Total Tone         | 7am-7:45am<br>Weightless           |          |        |
| 8am-8:45am<br>Upper Body X-Press | 8am-8:45am<br>Core Fusion   | 8am-8:45am<br>Weightless         | 8am-8:45am<br>Cardio Fusion      | 8am-8:45am<br>Total Tone           |          |        |
| 9am-9:45am<br>Cardio Fusion      | 9am-9:45am<br>Total Tone    | 9am-9:45am<br>X-Press Essentials | 9am-9:45am<br>Weightless         | 9am-9:45am<br>Cardio Fusion        |          |        |
| 10am-10:45am<br>Total Tone       | 10am-10:45am<br>Weightless  | 10am-10:45am<br>Core Fusion      | 10am-10:45am<br>Core Fusion      | 10am-10:45am<br>Lower Body X-Press |          |        |
|                                  |                             |                                  |                                  | 11am-11:45am<br>Upper Body X-Press |          |        |
| 4pm-4:45pm<br>Upper Body X-Press | 4pm-4:45pm<br>Total Tone    | 4pm-4:45pm<br>Lower Body X-Press | 4pm-4:45pm<br>X-Press Essentials | 12pm-12:45pm<br>Core Fusion        |          |        |
| 5pm-5:45pm<br>Weightless         | 5pm-5:45pm<br>Core Fusion   | 5pm-5:45pm<br>Total Tone         | 5pm-5:45pm<br>Lower Body X-Press |                                    |          |        |
| 6pm-6:45pm<br>Core Fusion        | 6pm-6:45pm<br>Weightless    | 6pm-6:45pm<br>Core Fusion        | 6pm-6:45pm<br>Weightless         |                                    |          |        |
| 7pm-7:45pm<br>Total Tone         | 7pm-7:45pm<br>Total Tone    | 7pm-7:45pm<br>Weightless         | 7pm-7:45pm<br>Total Tone         |                                    |          |        |

## CLASS DESCRIPTIONS

- **X-PRESS ESSENTIALS** | Short on time? This circuit style class incorporates a total body high-impact workout into one 45-minute session. Tone and sculpt head-to-toe and get ready to sweat!
- **UPPER BODY X-PRESS** | Looking to strengthen and shape your body? By focusing on exercises that work your arms, shoulders, and back, you will leave class with the confidence to show off your guns!
- **LOWER BODY X-PRESS** | Tone, tighten, and shape your lower body with exercises focusing on your glutes, hamstrings, quads, and calves.
- **CORE FUSION** | Get that 6-pack you've always wanted in this tummy flattening 45-minute class featuring intense core work. Also improve your posture and balance, while preventing lower back pain.
- **CARDIO FUSION** | Burn a ton of calories in this challenging high-intensity interval training class. Blast belly fat while mixing up your pace to make for a fun aerobic workout.
- **WEIGHTLESS** | Experience a dynamic, full body workout using plyometric and functional movements. This weight-free class is the ultimate circuit workout for any fitness level.
- **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.