



GROUP FITNESS CLASSES

SCHEDULE | East Hartford

Contact club to reserve your class: (860) 904.2215

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

Visit our website for class schedules: www.mycardioexpress.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am SPINNING® - Lenny		5:30am SPINNING® - Lenny		5:30am SPINNING® - Lenny	7-7:30am Core Fusion	
7-7:30am Core Fusion	9:15am SPINNING® - Nita	9:15am SPINNING® - Nita	9:15am SPINNING® - Shawn	7-8am Body Blaster Bootcamp	8-9am Body Blaster Bootcamp	
8-9am X-Zone 2		2-2:30pm Core Fusion	2-3pm X-Zone 2	8-9am X-Zone 2	8:15am SPINNING® - Bobbi-Jo	
9-10am Total Tone		3-4pm X-Zone 3	3-4pm Body Blaster Bootcamp	9-9:30am Core Fusion	9-10am X-Zone 3	
9:15am SPINNING® - Shawn	2-2:30pm Core Fusion	4-5pm Body Blaster Bootcamp	4-4:30pm Core Fusion	9:15am SPINNING® - Fatima	9:45am SPINNING® - Nita	
10-11am Body Blaster Bootcamp	3-4pm X-Zone 3	4:45pm SPINNING® - Lenny	5-6pm X-Zone 3	10-11am X-Zone 1	10-10:30am Core Fusion	
11-11:30am Core Fusion	4-5pm Total Tone	5-6pm Total Tone	6-7pm Total Tone	11am-12pm X-Zone 2	11am-12pm Total Tone	
12-1pm Total Tone	5-5:30pm Core Fusion	6-6:30pm Core Fusion	6pm SPINNING® - Sam	12-12:30pm Core Fusion	12-1pm Body Blaster Bootcamp	
1-2pm X-Zone 3	6-7pm Body Blaster Bootcamp	6pm SPINNING® - Lenny	7-8pm X-Zone 2	1-2pm Total Tone	1-2pm X-Zone 3	
4:45pm SPINNING® - Danielle	6pm SPINNING® - Bobbi-Jo	7:15pm SPINNING® - Bobbi-Jo	7:15pm SPINNING® - Shawn	4:45pm SPINNING® - Lenny		
6pm SPINNING® - Sam	7-8pm Total Tone	7-8pm X-Zone 3	8-8:30pm Core Fusion	6pm SPINNING® - Bobbi-Jo		
7:15pm SPINNING® - Nicole	8-9pm X-Zone 2	8-9pm Total Tone	8:30pm SPINNING® - Angel			
	9-10pm Body Blaster Bootcamp	9-10pm X-Zone 1	9-10pm X-Zone 3			

CLASS DESCRIPTIONS

SPINNING® - High calorie burning workout great for weight loss, toning, sculpting, and endurance. Bike reservations may be made in person no more than 30 minutes before each class. *X-Zone only

Yoga - Explore the benefits of movement, breath, and meditation with instructor taught yoga classes. Reservations may be made in person no more than 30 minutes before each class. *X-Zone only

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.

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

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.

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

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.