



SCHEDULE | East Hartford

Contact club to reserve your class: (860) 904.2215

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

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------------------------|-----------------------------|----------------------------------|----------------------------------|------------------------------------|-----------------------------|-----------------------------|
| 5:30am-6:15am SPINNING® | 5:30am-6:15am SPINNING® | 5:30am-6:15am SPINNING® | 5:30am-6:15am SPINNING® | 5:30am-6:15am SPINNING® | | |
| 7am-7:45am Lower Body X-Press | 7am-7:45am Cardio Fusion | 7am-7:45am Total Tone | 7am-7:45am Core Fusion | 7am-7:45am Weightless | | |
| 8am-8:45am Upper Body X-Press | 8am-8:45am Total Tone | 8am-8:45am Weightless | 8am-8:45am Upper Body X-Press | 8am-8:45am Total Tone | 8am-8:45am SPINNING® | |
| 9am-9:45am Cardio Fusion | 9am-9:45am Core Fusion | 9am-9:45am X-Press Essentials | 9am-9:45am Weightless | 9am-9:45am Cardio Fusion | 9am-9:45am Yoga | |
| | | | | | 9:30am-10:15am SPINNING® | 9:30am-10:15am SPINNING® |
| 4pm-4:45pm Total Tone | 4pm-4:45pm Weightless | 4pm-4:45pm Cardio Fusion | 4pm-4:45pm X-Press Essentials | 10am-10:45am Core Fusion | | |
| 5pm-5:45pm Weightless | 5pm-5:45pm Core Fusion | 5pm-5:45pm Total Tone | 5pm-5:45pm Lower Body X-Press | 11am-11:45am Upper Body X-Press | | |
| 6pm-6:45pm Upper Body X-Press | 6pm-6:45pm Total Tone | 6pm-6:45pm Lower Body X-Press | 6pm-6:45pm Weightless | 12pm-12:45pm Lower Body X-Press | | |
| 6pm-6:45pm SPINNING® | 6pm-6:45pm SPINNING® | 6pm-6:45pm SPINNING® | 6pm-6:45pm SPINNING® | 6pm-6:45pm SPINNING® | | |
| | | 6pm-6:45pm Yoga | | | | |
| 7pm-7:45pm Core Fusion | 7pm-7:45pm Cardio Fusion | 7pm-7:45pm Weightless | 7pm-7:45pm Total Tone | | | |

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-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.

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. See club for details.