



# SCHEDULE | Manchester

Contact club to reserve your class: (860) 646.8000

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                   |
|----------------------------------|-----------------------------|----------------------------------|----------------------------------|------------------------------------|------------------------------------|--------------------------|
| 5:30am-6:15am<br>SPINNING®       | 5:45am-6:30am<br>SPINNING®  | 5:30am-6:15am<br>SPINNING®       | 5:45am-6:30am<br>SPINNING®       | 5:30am-6:15am<br>SPINNING®         | 7am-7:45am<br>Cardio Fusion        |                          |
| 7am-7:45am<br>Lower Body X-Press | 7am-7:45am<br>Cardio Fusion | 7am-7:45am<br>Total Tone         | 7am-7:45am<br>Core Fusion        | 7am-7:45am<br>Weightless           | 8am-8:45am<br>Core Fusion          |                          |
| 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           | 8:15am-9am<br>SPINNING®            |                          |
| 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        | 9am-9:45am<br>Total Tone           |                          |
| 9:15am-10am<br>SPINNING®         | 10am-10:45am<br>Weightless  | 10am-10:45am<br>Cardio Fusion    | 9:15am-10am<br>SPINNING®         | 10am-10:45am<br>Core Fusion        | 9:15am-10am<br>SPINNING®           | 9:15am-10am<br>SPINNING® |
| 10am-10:45am<br>Total Tone       |                             |                                  | 10am-10:45am<br>Total Tone       | 11am-11:45am<br>Upper Body X-Press | 10am-10:45am<br>Weightless         |                          |
| 4pm-4:45pm<br>Total Tone         | 4pm-4:45pm<br>Weightless    | 4pm-4:45pm<br>Cardio Fusion      | 4pm-4:45pm<br>Total Tone         | 12pm-12:45pm<br>Lower Body X-Press | 11am-11:45am<br>Total Tone         |                          |
| 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 |                                    | 12pm-12:45pm<br>X-Press Essentials |                          |
| 6pm-6:45pm<br>SPINNING®          | 6pm-6:45pm<br>SPINNING®     | 6pm-6:45pm<br>SPINNING®          | 6pm-6:45pm<br>SPINNING®          | 6pm-6:45pm<br>SPINNING®            |                                    |                          |
| 6pm-6:45pm<br>Upper Body X-Press | 6pm-6:45pm<br>Total Tone    | 6pm-6:45pm<br>Lower Body X-Press | 6pm-6:45pm<br>Weightless         |                                    |                                    |                          |
| 7pm-7:45pm<br>Core Fusion        | 7pm-7:45pm<br>Cardio Fusion | 7pm-7:45pm<br>Weightless         | 7pm-7:45pm<br>Total Tone         |                                    |                                    |                          |
| 7:15pm-8pm<br>SPINNING®          | 7:15pm-8pm<br>SPINNING®     | 7:15pm-8pm<br>SPINNING®          | 7:15pm-8pm<br>SPINNING®          |                                    |                                    |                          |

## 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.