



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

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