



# SCHEDULE | Manchester

Contact club to reserve your class: (860) 646.8000

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

Visit our website for class schedules: [www.mycardioexpress.com](http://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 Cardio Fusion	7am-7:45am Total Tone	7am-7:45am Core Fusion	7am-7:45am Weightless	8am-8:45am Core Fusion	
8am-8:45am Upper Body X-Press	8am-8:45am Core Fusion	8am-8:45am Weightless	8am-8:45am Cardio Fusion	8am-8:45am Total Tone	8:15am-9am SPINNING®	
9am-9:45am Cardio Fusion	9am-9:45am Total Tone	9am-9:45am X-Press Essentials	9am-9:45am Weightless	9am-9:45am Cardio Fusion	9am-9:45am Total Tone	
9:15am-10am SPINNING®	10am-10:45am Weightless	10am-10:45am Cardio Fusion	9:15am-10am SPINNING®	10am-10:45am Core Fusion	9:30am-10:15am SPINNING®	9:30am-10:15am SPINNING®
10am-10:45am Total Tone			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 X-Press Essentials	12pm-12:45pm Lower Body X-Press	10:45am-11:30am SPINNING®	
5pm-5:45pm Weightless	5pm-5:45pm Core Fusion	5pm-5:45pm Total Tone	5pm-5:45pm Lower Body X-Press		11am-11:45am Total Tone	
6pm-6:45pm SPINNING®	6pm-6:45pm SPINNING®	6pm-6:45pm SPINNING®	6pm-6:45pm SPINNING®	6pm-6:45pm SPINNING®	12pm-12:45pm X-Press Essentials	
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			
7:15pm-8pm SPINNING®	7:15pm-8pm SPINNING®	7:15pm-8pm SPINNING®	7:15pm-8pm 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.