



# GROUP FITNESS CLASSES

# SCHEDULE | Mansfield

Contact club to reserve your class: (860) 942.8700

Club Hours: Monday-Thursday 5am-10pm, Friday 5am-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
5:45am SPINNING® - Jennifer		5:45am SPINNING® - Jennifer				
	9:30am SPINNING® - Keri	7-8am X-Zone 1	9:30am SPINNING® - Keri	7-7:30am Core Fusion		
	2-2:30pm Core Fusion	8-9am X-Zone 2		8-9am Total Tone	8:15am SPINNING® - Tina	
2-3pm Total Tone	3-4pm Total Tone	9-9:30am Core Fusion	2-3pm X-Zone 3	9-9:30am Core Fusion		
3-3:30pm Core Fusion	4-5pm X-Zone 3	10-11am X-Zone 3	3-3:30pm Core Fusion	10-11am Body Blaster Bootcamp	9:30am SPINNING® - Beth	9:30am SPINNING® - Tina/Keri
4-5pm Total Tone	5-30pm Core Fusion	11-11:30am Core Fusion	4-5pm Body Blaster Bootcamp	11am-12pm X-Zone 2		
5-6pm X-Zone 2	6-7pm X-Zone 2	12-1pm Total Tone	5-6pm Total Tone	12-1pm X-Zone 3		
6-6:30pm Core Fusion	6pm SPINNING® - Tina	1-2pm Body Blaster Bootcamp	6-6:30pm Core Fusion	1-2pm Total Tone		
6pm SPINNING® - Shawn	7pm SPINNING® - Beth	7pm SPINNING® - Shawn	6pm SPINNING® - Tina	6pm SPINNING® - Tina		
7-8pm Body Blaster Bootcamp	7-7:30pm Core Fusion		7-8pm X-Zone 2			
8-8:30pm X-Zone 3	8-9pm Total Tone		8-9pm Total Tone			
9-10pm Core Fusion	9-10pm Body Blaster Bootcamp		9-10pm Body Blaster Bootcamp			

## 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

**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 the 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.