



# SCHEDULE | Southington

Contact club to reserve your class: (860) 736.0010

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® - Paul  | 5:30am-6:15am<br>SPINNING® - Tania | 5:30am-6:15am<br>SPINNING® - Paul  | 5:30am-6:15am<br>SPINNING® - Tania | 5:30am-6:15am<br>SPINNING® - Paul  |                                     |                                     |
| 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>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® - Rick      |                                     |
| 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>Yoga - Lucia          | 9:00am<br>Yoga - Jane               |
| 9:15am-10am<br>SPINNING® - Kristie | 9:15am-10am<br>SPINNING® - Kim     | 9:15am-10am<br>SPINNING® - Kristie | 9:15am-10am<br>SPINNING® - Kim     | 9:15am-10am<br>SPINNING® - Kristie | 9:30am-10:15am<br>SPINNING® - Donna | 9:30am-10:15am<br>SPINNING® - Tania |
| 4pm-4:45pm<br>Total Tone           |                                    | 4pm-4:45pm<br>Cardio Fusion        |                                    | 10am-10:45am<br>Core Fusion        | 10:15-11am<br>Yoga - Jane           |                                     |
| 4:45pm-5:30pm<br>SPINNING® - Jack  | 4pm-4:45pm<br>Weightless           | 4:45pm-5:30pm<br>SPINNING® - Jack  | 4pm-4:45pm<br>X-Press Essentials   | 11am-11:45am<br>Upper Body X-Press |                                     |                                     |
| 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>Lower Body X-Press |                                     |                                     |
| 6pm-6:45pm<br>SPINNING® - Callie   | 6pm-6:45pm<br>SPINNING® - Donna    | 6pm-6:45pm<br>SPINNING® - Callie   | 6pm-6:45pm<br>SPINNING® - Donna    | 4:45pm-5:30pm<br>SPINNING® - Jack  |                                     |                                     |
| 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           | 6pm-6:45pm<br>SPINNING® - Kelli    |                                     |                                     |
| 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® - Heidi    | 7:15pm-8pm<br>SPINNING® - Chandni  | 7:15pm-8pm<br>SPINNING® - Heidi    | 7:15pm-8pm<br>SPINNING® - Chandni  |                                    |                                     |                                     |

## 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.