



# SCHEDULE | Wethersfield

Contact club to reserve your class: (860) 563.8280

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
7-7:30am Core Fusion						
8-9am X-Zone 2		2-3pm Body Blaster Bootcamp				
9-10am X-Zone 1		3-4pm X-Zone 3				
10-11am Body Blaster Bootcamp	4-5pm X-Zone 2	4-5pm Body Blaster Bootcamp	4-5pm X-Zone 2			
11am-11:30pm Core Fusion	5-5:30pm Core Fusion	5-6pm X-Zone 2	5-6pm X-Zone 3			
12-1pm Body Blaster Bootcamp	6-7pm Body Blaster Bootcamp	6-6:30pm Core Fusion	6-7pm Body Blaster Bootcamp			
1-2pm X-Zone 3	7-8pm X-Zone 3	7-8pm X-Zone 1	7-8pm X-Zone 2			
	8-9pm X-Zone 2	8-9pm Body Blaster Bootcamp	8-8:30pm Core Fusion			
	9-10pm Body Blaster Bootcamp	9-10pm X-Zone 3	9-10pm X-Zone 3			

## CLASS DESCRIPTIONS

**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.

**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.

**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!

**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.