



SCHEDULE | Wethersfield II

Contact club to reserve your class: (860) 244.0320

Club Hours: Monday-Thursday 5am-10pm, Friday 5am-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® | 5:30am-6:15am SPINNING® | 5:30am-6:15am SPINNING® | 5:30am-6:15am SPINNING® | 5:30am-6:15am SPINNING® | | |
| | 7am-7:45am Cardio Fusion | 7am-7:45am Total Tone | 7am-7:45am Core Fusion | 7am-7:45am Weightless | | |
| | 8am-8:45am Total Tone | 8am-8:45am Weightless | | 8am-8:45am Total Tone | | |
| | 9am-9:45am Yoga | 9am-9:45am X-Press Essentials | 8am-8:45am Upper Body X-Press | 9am-9:45am Cardio Fusion | 9am-9:45am Yoga | 9am-9:45am Yoga |
| | 9am-9:45am Core Fusion | 9:15am-10am SPINNING® | 9am-9:45am Weightless | 9:15am-10am SPINNING® | | 9:30am-10:15am SPINNING® |
| 4pm-4:45pm Total Tone | 9:15am-10am SPINNING® - Coming Soon! | 4pm-4:45pm Cardio Fusion | 9:15am-10am SPINNING® | 10am-10:45am Core Fusion | | |
| 4:45pm-5:30pm SPINNING® | 4pm-4:45pm Weightless | 4:45pm-5:30pm SPINNING® | 4pm-4:45pm X-Press Essentials | 11am-11:45am Upper Body X-Press | | |
| 5pm-5:45pm Weightless | 5pm-5:45pm Core Fusion | 5pm-5:45pm Total Tone | 5pm-5:45pm Lower Body X-Press | 12pm-12:45pm Lower Body X-Press | | |
| 6pm-6:45pm SPINNING® | 6pm-6:45pm SPINNING® | | 6pm-6:45pm SPINNING® | 4:45pm-5:30pm SPINNING® | | |
| 6pm-6:45pm Yoga | 6pm-6:45pm Yoga | 6pm-6:45pm Yoga | 6pm-6:45pm Yoga | | | |
| 6pm-6:45pm Upper Body X-Press | 6pm-6:45pm Total Tone | 6pm-6:45pm Lower Body X-Press | 6pm-6:45pm Upper Body Express | | | |
| 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® | | | |

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.