

# Group Exercise Schedule

Atlantis Sports Club, Dedham, MA

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5:30am		<b>5:45am</b> Boot Camp Kristen	SPIN Traci	<b>5:45am</b> Muscle Inferno Kristen	SPIN Traci	<b>7:00am</b>	SPIN Roz
8:30am	Boot Camp Jacqui A	Total Body X Nora	Cardio Interval Roz	Fitness Fusion Janice	Muscle Inferno Gilliana	<b>8:00am</b>	Total Body X Roz
9:30am	Muscle Inferno Jacqui A	<b>9:15am</b> Aqua Fitness	Muscle Inferno Roz	SPIN Kristen	Zumba Gilliana	<b>9:00am</b>	Zumba Gilliana
10:30am	Stretch & Strength Katy	*Pilates Classic Mat Katy		Stretch & Strength Katy	Restorative Yoga Katy	<b>10:00am</b>	Muscle Express Gilliana
11:30am		*YOGA Katy					
5:30pm	<b>5:45pm</b> Cardio Interval Gilliana	<b>5:00pm</b> *Pilates Classic Mat Katy	Muscle Inferno Paola/Gilliana Amy				
6:30pm	ZUMBA Meghan	<b>6:00pm</b> Dance Fusion Rachel	ZUMBA Adriana	<b>6:15pm</b> SPIN Susan			
7:30pm			YOGA Katy				

**Boot Camp:** Challenge yourself and increase your strength and fitness through a variety of intense drills. Don't forget your water!

**Cardio Interval:** A series of high to low intensity cardio exercise with rest periods.

**Dance Fusion:** Shake your stuff and dance, dance, dance! This class packs in a variation of dance styles and guarantees a great workout!

**Fitness Fusion:** A lower intensity class incorporating a combination of strength, cardio and flexibility exercises.

**Muscle Inferno:** Come take this total body sculpting class. Hand weights & tubing will be used.

**Pilates Classic Mat:** Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

**Restorative Yoga:** Centering your breath and body - aligning the physical and mental by practicing stillness or gentle movement for extended periods of time.

**Spin:** Indoor cycling, is a form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days) and recovery.

**Stretch & Strengthen:** A series of stretches and movements designed to improve flexibility, range of motion, strength and balance. All fitness levels welcome.

**Total Body X:** A high intensity cardio, strength and flexibility exercises.

**Yoga:** A system of physical postures, breathing techniques, and meditation.

**Zumba:** Zumba is a fusion of Latin and International music-dance themes creating a dynamic, exciting effective fitness system!