

**Group X Contact:**

Questions? Email us at:  
info@loggerheadfitness.com  
Tel: (561) 625-3011

# LOGGERHEAD FITNESS GROUP X SCHEDULE

04/10/2017

**Club Hours:**

Mon-Fri – 5:00am to 9:00pm  
Sat & Sun – 7:00am to 7:00pm  
www.loggerheadfitness.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Morning	<p><b><u>Cardio Fusion</u></b> 8:00AM - 9:00AM Jacey</p> <p><b><u>Boxing Circuit</u></b> 9:00AM - 10:00AM Julie</p> <p><b><u>Yoga (Int)</u></b> 10:15AM - 11:15AM Elizabeth</p> <p><b><u>Zumba</u></b> 11:15AM - 12:15PM David</p>	<p><b><u>Group Cycle</u></b> 7:00AM - 8:00AM Jacey</p> <p><b><u>Totally Pumped</u></b> 8:00AM - 9:00AM Irina</p> <p><b><u>Mat Pilates</u></b> 9:00AM - 10:00AM Ania</p> <p><b><u>Yoga (Int.)</u></b> 10:00AM - 11:15AM Nicole</p> <p><b><u>Yoga Beg 1</u></b> 11:20AM - 12:20PM Marika</p> <p><b><u>Zumba</u></b> 12:30PM - 1:30PM Betty</p>	<p><b><u>Straight Up Step</u></b> 8:00AM - 9:00AM Jacey</p> <p><b><u>Group Cycle</u></b> 9:00AM - 10:00AM Suzanne</p> <p><b><u>Zumba</u></b> 10:15AM - 11:15AM Sandra</p> <p><b><u>Barre Pilates</u></b> 11:15AM - 12:15PM Beatrice</p>	<p><b><u>Endurance Interval Training</u></b> 8:00AM - 9:00AM Heidi</p> <p><b><u>Barre Blast</u></b> 9:00AM - 10:00AM Heidi</p> <p><b><u>Yoga (Beg)</u></b> 10:00AM - 11:00AM Chris</p> <p><b><u>Yoga (Beg Int)</u></b> 11:15AM - 12:15PM Marika</p>	<p><b><u>Cycle Fusion</u></b> 7:00AM - 8:00AM Suzanne</p> <p><b><u>Cardio Intervals</u></b> 8:00AM - 9:00AM Suzanne</p> <p><b><u>HIIT Boot camp</u></b> 9:00 AM - 10:00AM Rose</p> <p><b><u>Mat Pilates</u></b> 10:15AM - 11:15AM Ania</p> <p><b><u>Zumba</u></b> 11:15AM - 12:15PM Sandra</p>	<p><b><u>Group Cycle</u></b> 8:00AM - 9:00AM CJ/Suzanne</p> <p><b><u>Step Blast</u></b> 9:00AM - 10:00AM CJ/Alt.</p> <p><b><u>Yoga (Int.)</u></b> 10:15AM - 11:15AM CJ/Jenya</p> <p><b><u>Zumba</u></b> 11:15AM - 12:15PM Nora</p>	<p><b><u>Life's a Beach Boot Camp</u></b> 9:00AM - 10:00AM Heidi</p> <p><b><u>Zumba</u></b> 10:00AM - 11:00AM Heidi</p> <p><b><u>Yoga</u></b> 11:15AM - 12:45PM Elizabeth</p>	
	Afternoon	<p><b><u>Silver Sneakers</u></b> 12:30PM - 1:30PM Arleda</p> <p><b><u>Zumba Gold</u></b> 1:35PM - 2:30PM Norma Jeanne</p>	<p><b><u>Silver Sneakers</u></b> 1:30PM - 2:30PM Jill</p>	<p><b><u>Silver Sneakers</u></b> 12:30PM - 1:30PM Irina</p> <p><b><u>Yoga (Int)</u></b> 4:15PM - 5:15PM Chris</p>	<p><b><u>Zumba</u></b> 12:30PM - 1:30PM Leetal</p> <p><b><u>Silver Sneakers Chair Yoga</u></b> 1:30PM - 2:30PM Jill</p>	<p><b><u>Silver Sneakers</u></b> 12:30PM - 1:30PM Arleda</p> <p><b><u>Yoga (Beg)</u></b> 4:00PM - 5:15PM Nicole</p>		
		Evening	<p><b><u>Zumba</u></b> 5:30PM - 6:30PM Leetal</p>	<p><b><u>Yoga</u></b> 5:30PM - 6:30PM CJ</p> <p><b><u>Group Cycle</u></b> 6:30PM - 7:30PM CJ</p>	<p><b><u>Pilates Core Elements</u></b> 5:30PM - 6:30PM CJ</p>	<p><b><u>Totally Pumped</u></b> 5:30PM - 6:30 PM CJ</p>	<p><b><u>Yoga</u></b> 5:30PM - 6:30PM Elizabeth</p>	



901 Donald Ross Road, Juno Beach, FL 33408 (561) 625-3011





# Group X Class Descriptions



**Barre Blast:** Take your heart to the barre! Sculpt and tone your entire body. Barre class is a full body workout targeting all the areas we love to exercise most: core, upper body, and glutes. This class will take you through interval strength training, deep muscle work, as well as isometric holds resulting in strong beautiful muscles. Get ready for one of the best fitness classes on the market!

**Barre Pilates:** The Barre class uses a combination of postures inspired by ballet and other disciplines like yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of-motion movements.

**Boxing/ Circuit Training:** Boxing moves combined with conditioning and core strength. Exercises using "Cross Training" for strength speed & power

**Cardio Fusion:** Utilizes the step as an effective training tool and encourages self-regulated progression by changing step heights. Athletic movements are set to emotive music, creating a simple, fun and effective way to cardio train and strengthen the lower body all within a group environment.

**Cardio Intervals:** An aerobic workout without using the step. Intervals of cardio with upper and lower body exercises, which also include abdominals and core strength training at the end.

**Cycle Fusion:** Ten minute Intervals of Cycle & Strength Training on & off the Bikes. Abs & stretching at the end of class.

**Endurance Interval Training:** Interval training is an excellent boredom buster! Whether you're jumping rope, doing squats, planks, or conditioning on the stability ball, your mind won't have time to wander! Your body will turn into a calorie burning machine. All fitness levels welcome.

**Group Cycle:** A great cardio workout from the beginner to the advanced. A high-energy class that uses RPM's to get the heart pumping. Go ahead and burn over 500 calories in 60 minutes!! Reservations required!!

## **High Intensity Interval Training H.I.I.T:**

HIIT class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind before the busy days get started. Modifications for all fitness levels are provided.

**Life's a Beach Boot Camp:** This class uses power resistance bars and other props to tone, tighten, and build your overall body strength. A combination of cardio drills and muscle conditioning exercises provides you with the ultimate workout. We want to keep you guessing and challenge you differently every class!

**Mat Pilates:** This class stretches and strengthens the entire dynamic core using controlled movements. Pilates is famous for promoting flexibility, strength, circulation, and skeletal alignment (posture).

**Pilates Core Elements:** Mat-based Pilates that engages your full body using a combination of Pilates and core training. The class is designed to develop leaner, longer-looking muscles, and establish core strength and stability. Various props are incorporated to add variety.

**Silver Sneakers:** Silver Sneakers offers an innovative blend of physical activity, healthy lifestyle, and socially oriented programming that allows older adults to take greater control of their health. Incorporating weight segments and core strengthening. Fun and challenging for all.

**Step Blast:** BLAST OFF your workout with 60 minutes of cardio training that uses the Step in highly effective, athletic ways. Group Blast will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination and strength with exciting music and group energy in a step class.

**Straight Up Step:** Tone up your legs and get your heart pumping by moving up, over and around the step. Developed as a way to get a high intensity, yet low impact workout – this class will improve your coordination by learning choreographed routines that make the hour fly by!

**Totally Pumped:** Designed to give you functional results! Using various, high repetitions movements every major muscle group gets attention. This is a strength based training class; it will get you "pumped" and stronger!

**Yoga:** Learn how to de-stress and breathe while developing the mind –body connection. More than just physical postures, this transformational practice will relax your body, calm your mind and strengthen your spirit from within.

**Zumba:** Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away

**Classes are subject to change. Schedules also available on website.**