

Group X Contact:

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

LOGGERHEAD FITNESS GROUP X SCHEDULE

02/11/2019 (46)

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><u>Group Cycle</u> 7:00AM – 7:55AM Michael</p> <p><u>Cardio Blast</u> 8:00AM – 8:55AM Lori</p> <p><u>Boxing Circuit</u> 9:00AM-09:55AM Julie</p> <p><u>Yoga (Int.)</u> 10:05AM – 11:05AM Ryvis</p> <p><u>Zumba</u> 11:15AM – 12:15PM Rita</p>	<p><u>Group Cycle</u> 7:00AM – 7:55AM Michael</p> <p><u>Totally Pumped</u> 8:05AM – 9:00AM Irina</p> <p><u>Core Pilates</u> 9:05AM – 10:00AM Heidi</p> <p><u>Yoga (Int.)</u> 10:05AM – 11:10AM Nicole</p> <p><u>Yoga (Beg.)</u> 11:20AM – 12:20PM Marika</p>	<p><u>Straight Up Step</u> 8:00AM – 8:55AM Jacey</p> <p><u>Group Cycle</u> 9:05AM – 10:00AM Jacey</p> <p><u>Zumba</u> 10:15AM – 11:15AM Aylin</p> <p><u>Mat Pilates</u> 11:20AM – 12:20AM Ania</p>	<p><u>Group Cycle</u> 7:00AM – 7:55AM Michael</p> <p><u>Endurance Interval Training</u> 8:00AM – 8:55AM Heidi</p> <p><u>Barre Blast</u> 9:05AM – 10:00AM Heidi</p> <p><u>Yoga (Int.)</u> 10:05AM – 11:00AM Chris</p> <p><u>Yoga (Beg.)</u> 11:15AM – 12:15PM Marika</p>	<p><u>Cycle Fusion</u> 7:00AM – 7:55AM Jacey</p> <p><u>Cardio Intervals</u> 8:05AM – 9:00AM Jacey</p> <p><u>Boxing Circuit</u> 9:05AM-10:00AM Julie</p> <p><u>Core Yoga</u> 10:05AM – 11:00AM Elizabeth</p> <p><u>Zumba</u> 11:20AM – 12:20PM Rita</p>	<p><u>Group Cycle</u> 8:00AM- 9:00AM CJ/Steve</p> <p><u>Cardio Pump/Step *</u> 9:05AM – 10:05AM CJ/Lori</p> <p><u>Yoga (Int.)</u> 10:15AM – 11:15AM CJ/Ashley</p> <p><u>Zumba</u> 11:30AM – 12:30PM Nora</p>	<p><u>Pilates</u> 8:50AM – 09:50AM Ania</p> <p><u>Zumba</u> 10:05AM – 11:05AM Aylin</p> <p><u>Yoga</u> 11:15AM – 12:45PM Elizabeth</p>	
	Afternoon	<p><u>Silver Sneakers</u> 12:30PM – 1:30PM Fran</p> <p><u>Zumba Gold</u> 1:35PM – 2:30PM Norma Jeanne</p>	<p><u>Zumba</u> 12:30PM – 1:30PM Harlee</p> <p><u>Silver Sneakers</u> 1:45PM – 2:45PM Fran</p>	<p><u>Silver Sneakers</u> 12:30PM – 1:30PM Irina</p> <p><u>Yoga (Int.)</u> 4:15PM – 5:15PM Chris</p>	<p><u>Zumba</u> 12:30PM – 1:30PM Rita</p> <p><u>Silver Sneakers Chair Yoga</u> 1:35PM – 2:30PM Norma Jeanne</p>	<p><u>Silver Sneakers</u> 12:30PM – 1:30PM Fran</p> <p><u>Yoga (Beg.)</u> 4:00PM – 5:15PM Nicole</p>	<p><u>* Sat 9:05am</u> Alternates every other week. Check Sub Schedule for current info.</p>	
		Evening	<p><u>Zumba</u> 5:30PM – 6:30PM Nora</p>	<p><u>Yoga</u> 5:30PM – 6:30PM CJ</p> <p><u>Group Cycle</u> 6:30PM – 7:30PM CJ</p>	<p><u>Pilates Core Elements</u> 5:30PM – 6:30PM CJ</p>	<p><u>Totally Pumped</u> 5:30PM – 6:30 PM CJ</p>		



901 Donald Ross Road, Juno Beach, FL 33408 (561) 625-3011 ~ www.loggerheadfitness.com





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 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.

Cardio Blast: Enjoy high energy cardio with low impact freestyle and choreographed moves that will get your heart pumping and your body moving! This classic cardio class is an upbeat, fun workout for all fitness levels. Class includes a core warm up to full-on cardio, and will end with some strength training and flexibility exercises.

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!!

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.

Pilates: This class is a blend of rehabilitative stretch, core and muscle strengthening designed for keeping the body strong, supple and less restrictive. We utilize resistance bands to maximize the negative side of exercise building strength faster seeing results earlier. Power Bars are used from time to time to resemble Pilates reformers for an all over body workout.

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/Cardio 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

Zumba Gold: For active older adults who want to participate in a Zumba Dance class at a lower intensity. Zumba gold choreography focuses on balance, range of motion, and coordination. Benefits include cardiovascular, muscle conditioning, flexibility and balance! Come ready to sweat and prepare to leave empowered and feeling strong!

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