

Group X Contact:

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

LOGGERHEAD FITNESS GROUP X SCHEDULE

10/06/2020 (33)

Club Hours:

Mon-Fri – 5:00am to 8:00pm
 Sat & Sun – 7:00am to 6:00pm
 www.loggerheadfitness.com

	MON (5)	TUE (5)	WED (6)	THU (6)	FRI (5)	SAT (4)	SUN (2)	
Morning	<p>Straight up Step 8:05AM - 9:00AM Lori H.</p> <p>Group Cycle 9:15AM - 10:15AM Jenn A.</p> <p>Zumba 11:30AM - 12:15PM Elsie R.</p>	<p>OPEN 8:00AM - 9:00AM</p> <p>Core Booty 9:15AM - 10:15AM Jenn A.</p> <p>Yoga (Gentle) 10:30AM - 11:45AM Nicole L.</p>	<p>Group Cycle 8:05AM - 9:00AM Mike D.</p> <p>Pound-n-Sculpt 9:15AM - 10:05AM Christine L.</p> <p>Zumba - (V) 10:15AM - 11:15AM Aylin R.</p> <p>Mat Pilates 11:30AM - 12:30PM Bonnie H.</p>	<p>Endurance Interval Training 8:05AM - 9:00AM Irina W.</p> <p>OPEN 9:15AM - 10:15AM</p> <p>Yoga (Int.) - (V) 10:30AM - 11:30AM Chris E.</p>	<p>Group Cycle 9:00AM-10:00AM Mike D.</p> <p>Core Yoga 10:15AM - 11:15AM Elizabeth B.</p> <p>Zumba - (V) 11:30AM - 12:30PM Aylin R.</p>	<p>Group Cycle 8:00AM - 8:50AM Mike D.</p> <p>Cardio Pump/Step * 9:05AM - 10:05AM Lori H.</p> <p>Yoga (Int.) 10:15AM - 11:15AM Rita J.</p> <p>Zumba 11:30AM - 12:30PM Nora L.</p>	<p>OPEN 8:00AM - 8:50AM</p> <p>OPEN 9:00AM - 10:00AM</p> <p>Mat Pilates - (V) 10:15AM - 11:15AM Rachel E.</p> <p>Zumba 11:30AM - 12:30PM Rita B.</p>	
	Afternoon	<p>Silver Sneakers Classic 12:45PM - 1:45PM Fran I.</p>	<p>Silver Sneakers Pre-Recorded 1:00PM - 2:00PM</p>	<p>Silver Sneakers Cardio, Strength & Stretch 12:45PM - 1:45PM Irina W.</p>	<p>Zumba 11:45AM - 12:45PM Nora L.</p> <p>Silver Sneakers Pre-Recorded 1:00PM - 2:00PM</p>	<p>Silver Sneakers Classic/Cardio 12:45PM - 1:45PM Fran I.</p> <p>Yoga (Beg.) 4:00PM - 5:15PM Nicole L.</p>		
	Evening	<p>Yoga (Int.) 5:30PM - 6:30PM Bonnie H.</p>	<p>Group Cycle Pre-Recorded 5:30PM - 6:30PM</p> <p>Zumba 6:30PM - 7:30PM Rita B.</p>	<p>Pilates Barre 5:30PM - 6:30PM Bonnie H.</p>	<p>Group Cycle Pre-Recorded 5:30PM - 6:30PM</p> <p>Line Dancing 6:30PM - 7:30PM Nicole L.</p>		<p>* Sat 9:05am Alternates every other week. Check Sub Schedule for current info.</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.

Core Booty: Strengthen and tone the core area of the body including Abs, lower back and butt. Increase muscle strength, range of motion to improve upon activities of daily living. Come transform your body and get all your "assets" feeling and looking like a rock star.

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).

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

MindBodyRock: A total body functional fitness practice inspired by Pilates Mat work and the athletic flow of power yoga. The playlist rocks the pace of your practice to create the high and low intensity intervals to challenge your current level of fitness. For intermediate to advanced level students. This class is designed to meet the cardio, strength, flexibility, fitness and health needs of adolescents, young adults, and fit and "will be fit" baby boomers. You'll enjoy better sports performance with lower risk of injury or simply walk with a confident, healthy stride.

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 Sculpt: 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.

Pound-n-Sculpt: Pound-n-Sculpt is a fun, high-energy, combo class! The first half is POUND (drumming with Ripstix to the beat of the music) and the second half is all about sculpting your body using bands and light dumbbells.

Silver Sneakers Classic: Silver Sneakers classic 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.

Silver Sneakers Cardiofit: Silver Sneakers Cardiofit is a safe and heart healthy aerobics workout for your active lifestyle focusing on low impact movement, most of which are without a chair to build upper body and core strength plus cardiovascular endurance. This is a higher intensity class than the Silver Sneakers classic and/or circuit.

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.

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