



Group Fitness Schedule

Hartselle	Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	
	5:00am	LES MILLS BODYPUMP Kinsey/Brooke		LES MILLS BODYPUMP Brooke				9am	LES MILLS BODYPUMP Instructor rotates
	8:30am	LES MILLS BODYPUMP Kinsey	BARRE (30min) RPM (30min) Laura	LES MILLS BODYPUMP Kinsey	ZUMBA Donna				
	9:30am		SilverSneakers Rita	ZUMBA Donna	SilverSneakers Rita			10am	LES MILLS BODYFLOW Renee
	10:30am		SilverSneakers Rita		SilverSneakers Rita				
	4:30pm			Cardio EXP Heather					
	5:00pm			LES MILLS CXWORX Heather					
	5:30pm	LES MILLS BODYPUMP Melanie	LES MILLS BODYFLOW Renee			LES MILLS BODYPUMP Laura			

CLASS DESCRIPTIONS

LES MILLS BODYPUMP – The original barbell workout that *strengthens and tones your entire body!* This 60-minute program challenges all your major muscle groups by using the **BEST WEIGHT ROOM EXERCISES** like squats, presses, lifts and curls. Great music, awesome instructors, and your choice of weight inspire you to get the results you came for, and fast! This is a low impact, medium to high intensity workout that incorporates periodization techniques to avoid training plateaus. It is recommended participants be at least 16 years of age. **WARNING!** Members should not combine **LES MILLS BODYPUMP** or other sculpting/weight bearing exercises on consecutive days. It is recommended to wait at least 48 hours between these types of classes to allow for adequate muscle repair and recovery and prevent injuries.

LES MILLS BODYFLOW - the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

BARRE a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, LES MILLS BARRE is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights.

LES MILLS CXWORX Revolutionary CORE TRAINING! This class really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. It'll help you run faster ... play harder ... stand stronger!

Cardio EXP – 30 minute, low impact cardiovascular workout that will leave you fizzing with energy and ready to take on life!

SilverSneakers The signature SilverSneakers classes are designed specifically to help Medicare eligible individuals (65 and older) improve overall fitness. All classes are lead by certified instructors and are appropriate for all fitness levels.

LES MILLS RPM is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

ZUMBA – The class that fuses hypnotic latin rhythms and easy to follow moves to create a dynamic and exhilarating hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®!

Red X Fitness reserves the right to modify class offerings and program schedules at any time.

Join us on

Staff Hours: Mon - Thur 8a-1p & 4p-7p; Fri 8:30a-5p • Childcare Hours: Mon & Wed 8a-11a; Mon-Thur 4p-7p

Feedback about our Group Fitness Program is welcome! Email to groupfitness@redxfit.com
www.redxfit.com