


















Club 24 Fitness Schedule



Summer 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GROUP – X						
8:00 a		Yoga Hatha  Jeff	Pilates  Emily	Yoga Hatha  Jeff		
9:15 a		Body Transformation X Julie		Body Transformation X Libby		
4:30 p			DROP ZONE Suspension Training *45 min Wilson			
5:20 p	*20 Minute Abs Jeff		*20 Minute Abs Jeff			
5:45 p	Body Transformation X Wilson	C24 X Wilson	Body Transformation X Wilson			
6:50 p	Vinyasa Yoga *90 min  Jeff	DROP ZONE Suspension Training Wilson	Vinyasa Yoga *90 min  Kathy			
SPINNING						
6:00 a	 SPINNING Justin	 SPINNING Lindsey	 SPINNING Justin		 SPINNING Justin	
9:15 a	 SPINNING Laura		 SPINNING Libby		 SPINNING Larry	 SPINNING Lindsey
4:30 p	 SPINNING Jenny					
5:45 p	 SPINNING Jeff	 SPINNING Lauren	 SPINNING Justin	 SPINNING Carley		
7:00 p		 SPINNING Jeff				

*All Classes Are 60 Minutes Long Unless Otherwise Specified.

Classes may be subject to size limitations or change.

KIDZ Club: Mon-Fri 9am-11am & 5pm- 7:15pm, Saturday 9am-12pm. A small fee applies to Childcare See front desk for details

Suggestions? Comments? Email Us! Sanaz@clubtwentyfour.com

Class Descriptions on back.

club 24 Group Fitness Class Descriptions

Cardio

SPINNING



Whether your goal is weight loss, fitness endurance, or just an alternative to bad weather this class will get the job done. Motivating music and high energy powers this awesome indoor cycling class. This class is specially designed to allow all fitness levels to workout together for the ultimate in stamina building and calorie burning in a supportive environment. Each instructor will create a challenging ride and coach you through various drills, to get you sweating, spinning, and burning calories. ****Class requires water, towel and bike reservation (made up to 1 day in advance). Duration: 60 min**

Step X

Simple choreography yet intense cardio class with Step formations, intervals, high energy drills and circuit training. Fun music and constant movements will get you heart pumping while burning away the calories. No experience needed. **Duration: 45 min.**

C24 X

Boot camp style drills consisting of punching and kicking sequences, muscle confusion, plyometrics, and more, all with short recovery breaks. Each week is different but a rigorous workout is guaranteed every week. The ultimate combination of cardio and strength training to turn your body into a fat burning machine! ****Water, towel and punching gloves mandatory, Duration: 60 min**

Strength

BTX

Body Transformation X. Specially designed to build muscle, improve, strength, and reduce fat, while improving endurance, cardio and total body tone and definition. High intensity class that utilizes weights and freestyle moves to enhance all major muscle groups. Easy to follow and motivating to see total body transformations! **Duration: 60 min**

DROP ZONE...with TRX

Suspension training is the revolutionary method of leveraged bodyweight exercise. These exercises build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. TRX delivers to professional athletes who need peak performance to everyday people who just want to feel and look their best. ****Class requires reservation Duration: 45 min**

ABS

Our core exercises aren't your typical crunches. Quick and effective to target your abs and improve your posture. Awesome abdominal workout to hit you where it counts. **Duration: 20 min**



Yoga

Personal Mats Suggested For Yoga Classes.

Hatha Yoga

The class emphasizes the union of Pranayama (breath) and Asanas (poses) while incorporating the styles of Vinyasa (flow), and Iyengar (precision and alignment) to increase flexibility and strength. Integrating the body, mind, and spirit. Beg-Int Class. **Duration: 60 min**

Vinyasa Yoga

Mastery of the body is the gateway to mastery of mind. A challenging form of Yoga designed to build strength and stamina through the integration of Pranayama (breath) and a series of strong, flowing asanas (poses) **Duration: 90 min**

Water and Towel required for all classes. Please be courteous and arrive to class on time.