

July



University Group Fitness Schedule

Summer 2010 Launch
 9:00 Group Ride and 10:15 Group Power
 Friends and Family are FREE!
 Food and Prizes!!



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Cycle w/Matt	GROUP RIDE™ w/Stacey	GROUP RIDE™ w/Laurie			w/Julie @ 9:00am No class July 17th	12:00pm Cycle/Group Ride
9:30am	GROUP POWER™ w/Stephanie	ZUMBA FITNESS Kids Zumba w/Elaine \$2.00	GROUP POWER™ w/Laura	ZUMBA FITNESS Kids Zumba w/Elaine \$2.00	GROUP POWER™ w/Stephanie July 2nd AC @ \$2	GROUP RIDE™ 9:00am 3rd 9-10:30 Laurie @ \$2, 10th Thomas, 17th Launch, 24th Jean, 31st DeeDee	GROUP RIDE™
10:30am	GROUP RIDE™ w/Fabi		Step Express w/Laura		Abs w/Stephanie July 2nd no class		4th no class, 11th Laurie, 18th Jeff, 25th Laurie
5:00pm (Wed. 4:30)	No Classes July 5th in observance of July 4th	Abs w/JD	ZUMBA FITNESS Kids Zumba 4:30 w/Fabi \$2.00	Abs w/Latrice	July 4th Weekend Fri. 9:30 AC Stephanie, Sat. 9-10:30 Cycle Laurie & 9-10:30 FF Julie, Sun. 1:00 Power Yoga Michelle, Mon. No classes All Classes \$2	GROUP POWER™ 10:15am 3rd no class, 10th Lenora, 17th Launch, 24th Julie, 31st DeeDee	1:00pm YOGA w/Michelle 4th Power Yoga @ \$2
5:30pm (6:00pm Mon)	6:00pm Cycle w/Jeff or Jean	GROUP RIDE™ w/Patty F.	GROUP RIDE™ w/Fabi	GROUP RIDE™ w/Diana			
5:30pm (5:45pm Fri.)	GROUP POWER™ w/DeeDee	Step w/Monique	GROUP POWER™ w/DeeDee	Kickboxing w/Rick	5:45pm 	Kids Zumba Classes \$2 per person Ages 5-12 years Please sign in and pay at the front desk! Tuesday 9:30am w/Elaine Wednesday 4:30pm w/Fabi Thursday 9:30am w/Elaine 	
6:30pm	w/DeeDee	Funky Fit w/Latrice	Kickboxing w/DeeDee	Hip Hop Grapple™ w/Monique New Time!!	Athletic Conditioning w/Rick @ 5:45pm July 2nd no class		
7:30pm	Pilates w/ Patti A.	ZUMBA FITNESS w/Fabi	YOGA w/Michelle				

Getting to know your classes



GROUP RIDE Everyone finishes first in Group Ride! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On! (X-Press class 40min)



GROUP POWER is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!



Turbokick/Kickboxing A cardiovascular fitness class designed to teach you how to safely jab, punch, uppercut and kick your way into shape. Class is not designed for self-defense, just fun, fun, fun!! -



CYCLE is a fun, athletic, cardiovascular cycling workout that burns up to 600 calories per hour. If you can ride a bike, you can spin. Don't think that you need to be a world class cyclist or triathlete to enjoy "the ultimate calorie burner."



STEP Includes a combination of step aerobics and strength training using weights and/or your own body resistance. A great total body workout! This class is 60 minutes.



ABDOMINAL TRAINING Utilizing major and minor muscle groups of the abdominal and lower back, learn to strengthen and tone your mid-section by performing crunches, isolation work, and resistance training. This class is 30 minutes.



FUNKY FIT - N'shape with N's Nettie Reeves choreographs these Funky Fit routines that include invigorating moves that equal versatile, hip, positive fun. But don't let the FUN fool you. This class will have you in definite cardio mode without watching the clock. You will be addicted! No impact, low impact & high impact versions demonstrated.



ZUMBA is a fusion of Latin and International music - dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.



HIP HOP HUSTLE It's so much fun that most participants don't care about the health benefits! The success of Hip Hop Hustle™ is based on a dynamic, yet basic approach designed to match the needs of everyone in the room with small changes that make the moves easier or more difficult depending on your comfort level. So, if you can Hustle . . . you can Hip Hop Hustle™.



ATHLETIC CONDITIONING The class combines plyometrics, will power with a dash of challenge to create a better body. A great strength training workout with a cardiovascular component to round out the experience.



YOGA Relax your mind while strengthening your body! Try this great non-aerobic class that will increase your flexibility and rejuvenating your spirit with the postures, and breathing techniques of yoga. Achieve total peace and harmony with this great full body workout. This class is 60 minutes.



PILATES Strengthen, lengthen, and tone your posture and enjoy the benefits of improved respiratory function. The ultimate abdominal and back strengthening workout. This class is 60 minutes.

Club Information

**University
Z X Fitness**

8109-A University City
Blvd.

Charlotte, NC 28213
(704) 548-0202

Club Hours:

Monday 5:00am –
Saturday 5:00pm
Sunday
9:00am – 5:00pm

Child Care Hours:

Monday thru Friday
9:00am–1:00pm
Monday thru Thursday
4:30pm–8:30pm
Saturday
9:00am – 12:00pm

Child
Care
Closed
Saturday
July 3rd

New Women's Self Defense Class

Ages 14yrs and Up
Monday @ 7:00pm
and Saturday @ 12:00pm
in the cycle room!

\$10 per class or \$50 for the month
First Session is FREE!
Please sign in and pay at front desk

Group Program Director

Jen Baucom
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