







July

Lincolnton Group Fitness Schedule

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 A.M.	 Hip Hop w/ Joey	 Cycle w/ Dana	No Classes	 Cycle w/ Dana	No Classes	 Cycle w/ Wendy/Missy
10:00 A.M.			No Classes	 Funky Abs w/ Joey	No Classes	
	No Classes July 5					
5:30 P.M.	 w/ Wendy	 Cycle w/ Wendy	 Hip Hop w/ Joey	 Cycle w/ Wendy		<p>Keep your heart strong and healthy!! Join us for our numerous "Cardio" classes such as</p> <p>Cycle, Zumba, Step, Interval Sculpt, Pi-Yo, Hip Hop, Funky Abs and Kickboxing...</p> <p>Remember: Your Heart is your most valuable muscle and you can only train it by doing Cardio!</p>
6:30 P.M.	 Cycle w/ Wendy	No Class thru June	 PiYo w/ Gail	 w/ Wendy		



Getting to know your classes.....



Hip Hop: An aerobic workout that will help you improve and maintain your body. Hip Hop contains fun dance and fitness moves to the latest tunes. Grab your towel and water bottle and have a blast.



CARDIO MIX: You get it all in this class! Intervals of cardio , barbell work to sculpt the muscles , toning exercises along with core -strengthening moves makes this a one-stop-all-inclusive workout !



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



KICKBOXING: A cardiovascular fitness class designed to teach you how to safely 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". Cycle classes are 45 minutes !!!!



Funky Abs: Utilizing major and minor muscle groups of the abdominal and lower back, learn to strengthen and tone your mid-section by performing crunches, cardio ab work, and resistance training.



Step: Choreography-driven cardio workout. Challenge your mind and body as you work step moves on the bench to today's latest tunes. All levels welcome!



PiYo: The seamless blend of Mat Pilates and Yoga. Strengthens your core, improves your balance and increases your flexibility and endurance.

club information

Lincolnton ZX Fitness
2620 East Main St.
Lincolnton, NC 28092
(704) 732-6115

Child Care Hours:

Monday thru Thursday
8:00 am-12:00pm & 4:00pm-8:00pm
Friday 8:00am-12:00pm
Saturday 9:00 am -12:00pm

Club Hours:

Monday 5:00am -Thursday 11:00am
Friday 5:00am-8pm Saturday 8am-6pm
Sunday 11:00am - 6:00pm



Questions or Concerns?

Email Group Fitness Coordinator

Wendy: wbeal@zxfitness.com

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