



July

Steele Creek

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45AM T/TH 6:00AM M/W/F	GROUP RIDE™ NO CLASS 5th & 26th	GROUP POWER™	GROUP RIDE™ 7th & 21st	GROUP POWER™	GROUP RIDE™ NO CLASS 2nd	<b>Sizzling Summer Saturdays</b>  <u>July 2nd-5th:</u> 2nd & 4th - No Classes Sat July 3rd - (\$4) 9:15am - 10:30am <b>Body-Weight Bootcamp</b> Mon July 5th - (\$4) 9:30am 30/30 (Interval training & Core)	10:30 AM <i>Everyone Finishes First in Ride!</i>  GROUP RIDE™ 11th & 18th
9:30AM	GROUP POWER™ NO CLASS 5th & 26th	<b>The July 10 Group Power &amp; Group Ride Launch*</b> *Sign-Up Required  GROUP RIDE™ GROUP POWER™  <b>Monday, July 26th</b> 5:45pm Group Power 6:55pm Group Ride	Cardioblast NO CLASS 21st   Cardio Funk	GROUP POWER™   Abs Express	(\$4) Specialty Classes Members & Non-Members Get your FIT PASS and save!		July 2nd-5th: 2nd & 4th - No Classes Sat July 3rd - (\$4) 9:15am - 10:30am <b>Body-Weight Bootcamp</b> Mon July 5th - (\$4) 9:30am 30/30 (Interval training & Core)
12:00PM (TH 30min)	<b>Not a Member? Take ANY class for \$4. See why group fitness can work for you!</b>	GROUP RIDE™ GROUP POWER™  <b>Monday, July 26th</b> 5:45pm Group Power 6:55pm Group Ride	 Cardio Funk	 Abs Express	<b>"One Stop Core Shop"</b>  Want a stronger core?  You have <b>Zero Xcuses</b> to try something new!  <b>Wednesday, July 7th</b> 5:45pm- 6:45pm - in the basketball court  Join us for a killer core workout. You will experience a variety of exercises designed to help build sexy abs.	Bootcamp NO CLASS 2nd	<b>Club Information</b>  <b>Steele Creek</b>  13347 South Point Blvd. Charlotte, NC 28273 www.zxfitness.com
4:45PM	 Cardioblast NO CLASS 5th & 26th	 Cardio Funk	 Funky Fit	 ZUMBA FITNESS		Bootcamp NO CLASS 2nd	5:45pm Group Power 6:55pm Group Ride
5:45 PM	GROUP POWER™	 Cardio Funk	GROUP POWER™	 ZUMBA FITNESS	<b>"One Stop Core Shop"</b>  Want a stronger core?  You have <b>Zero Xcuses</b> to try something new!  <b>Wednesday, July 7th</b> 5:45pm- 6:45pm - in the basketball court  Join us for a killer core workout. You will experience a variety of exercises designed to help build sexy abs.	9:15 Group Power 10:30 Group Ride 10:30 Zumba	<b>Club Hours:</b>  <b>Monday</b> 5:00am - 11:00pm  <b>Tuesday - Friday</b> 4:30am - 11:00pm  <b>Saturday</b> 8:00am - 6:00pm  <b>Sunday</b> 10:00am - 5:00pm
6:00 PM	Want to improve your cardiovascular fitness? Group Ride is for you!  GROUP RIDE™	GROUP RIDE™	GROUP POWER™  Looking for better Flexibility? Try Yoga and get results!	GROUP RIDE™ NO CLASS 1st		YOGA NO CLASS 1st	9:15 Group Power 10:30 Group Ride 10:30 PiYo
6:00 PM Yoga/Pilates Studio	GROUP RIDE™	 <b>PIYO</b> NO CLASS 6th	Looking for better Flexibility? Try Yoga and get results!	YOGA NO CLASS 1st	<b>"One Stop Core Shop"</b>  Want a stronger core?  You have <b>Zero Xcuses</b> to try something new!  <b>Wednesday, July 7th</b> 5:45pm- 6:45pm - in the basketball court  Join us for a killer core workout. You will experience a variety of exercises designed to help build sexy abs.	9:15 Group Power 10:30 Group Ride 10:30 PiYo	<b>Club Hours:</b>  <b>Monday</b> 5:00am - 11:00pm  <b>Tuesday - Friday</b> 4:30am - 11:00pm  <b>Saturday</b> 8:00am - 6:00pm  <b>Sunday</b> 10:00am - 5:00pm
6:30 PM Yoga/Pilates Studio	 <b>Pilates</b> NO CLASS 5th & 26th	Looking for Core Strength? Try Pilates and get results!	 <b>Pilates</b>	YOGA NO CLASS 1st		9:15 Group Power 10:30 Group Ride 10:30 Bootcamp	<b>Club Hours:</b>  <b>Monday</b> 5:00am - 11:00pm  <b>Tuesday - Friday</b> 4:30am - 11:00pm  <b>Saturday</b> 8:00am - 6:00pm  <b>Sunday</b> 10:00am - 5:00pm
6:45 PM	GROUP RIDE™	GROUP POWER™	GROUP RIDE™	GROUP POWER™ NO CLASS 1st	SC FIT PASS  	9:15 Group Power 10:30 Group Ride 10:30 Zumba	<b>Club Hours:</b>  <b>Monday</b> 5:00am - 11:00pm  <b>Tuesday - Friday</b> 4:30am - 11:00pm  <b>Saturday</b> 8:00am - 6:00pm  <b>Sunday</b> 10:00am - 5:00pm
6:55 PM	 Kickboxing NO CLASS 5th & 26th	 Kickboxing	 Kickboxing	SC FIT PASS		9:15 Group Power 10:30 Group Ride 10:30 Zumba	<b>Club Hours:</b>  <b>Monday</b> 5:00am - 11:00pm  <b>Tuesday - Friday</b> 4:30am - 11:00pm  <b>Saturday</b> 8:00am - 6:00pm  <b>Sunday</b> 10:00am - 5:00pm
8:00 PM	<b>\$Specialty Class</b> Bachata 12 & 19	<b>\$Specialty Class</b> Salsa 6,13,20,27	 <b>SALSA</b>	FIT PASS Steele Creek 	9:15 Group Power 10:30 Group Ride 10:30 Zumba	<b>Club Hours:</b>  <b>Monday</b> 5:00am - 11:00pm  <b>Tuesday - Friday</b> 4:30am - 11:00pm  <b>Saturday</b> 8:00am - 6:00pm  <b>Sunday</b> 10:00am - 5:00pm	

# getting to know your classes



**GROUP POWER** is your hour of power! This 60 minute barbell strength training program targets 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!



**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!



**CARDIO FUNK** will get you moving while having fun. Get a great cardio workout and rest assure all fitness levels are welcome (bonus: thought the symbol indicates yield, there is no previous dance experience required). Come join us to move and groove!



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



**CARDIOBLAST** A class designed to burn those unwanted calories, give you tone, and improve endurance. We will alternate between stationary cardio, low & high impact cardio, athletic drills, and strength training. This class is 60 minutes.



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



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



**YOGA**

Relax your mind while strengthening your body! Try this great class that will increase your flexibility and rejuvenate your spirit with postures and breathing techniques of yoga. Achieve peace and harmony with this great total body workout.



**Pilates**

**PILATES** Strengthen, lengthen, and tone your posture while enjoying the benefits of improved respiratory function and increased core strength. The ultimate abdominal and back strengthening workout. Check it out!



**ABS EXPRESS** Utilizes all the major and minor muscle groups of the abdominals and lower back. Learn to strengthen and tone your mid-section by performing a variety of abdominal exercises, isolation work, and resistance training. This class is 30 minutes.



**BOOTCAMP/ATHLETIC CONDITIONING** This class combines plyometrics, athletic drills, core work and challenge to create a better body. This class has both a strength training and cardiovascular component to round out the experience. This class is 60 minutes.



**Hip Hop Hustle** 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. Come join the fun!



**FUNKY FIT** N'shape with N's Nettie Reeves choreographs these routines that include invigorating moves that are versatile, hip, positive, and 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.

ABOVE ARE CLASS TYPES AND DESCRIPTIONS THAT WE OFFER AT THIS ZX LOCATION. IF A CLASS TYPE IS OMITTED OR NOT OFFERED ON THIS SCHEDULE YOU CAN ENTRUST WE ARE WORKING ON THE AVAILABILITY FOR FUTURE PROGRAMMING.

# \$ Specialty Classes

[July 2nd-4th Holiday Weekend Specialty Classes:](#) (see other side of schedule for the complete weekend line-up)

Sat July 3rd - **\$9:15am-10:30am Body-Weight Bootcamp (All you need is you and water!)**  
 Mon July 5th - **\$9:30am 30/30 (Interval Training & Core)**

**\$4 per class for members & non-members**



**SALSA** Any kind of dancing is a great way to build the perfect body shape. It merges aerobic and anaerobic training and the continual movements build up aerobic stamina while steadily burning calories over the course of the class. This helps to strengthen and tone your legs at the same time you lose weight. No partner required! Tuesday nights at 8pm



**Bachata** Try this Cuban inspired sensual and energetic Latin dance format. This dance format features an easy-to-learn, four-step count using a walking Cuban hip motion and a unique hip "pop". It is great for improving core strength and toning the hips and legs. Mon July 12 & 19 8pm only

## STEELE CREEK ZX GROUP FITNESS

Welcome to the Steele Creek ZX Fitness!

All group fitness classes are **\$4 per class for non-members**

- or -

Get **FIT** with a **FIT PASS!** - Take **\$Specialty Classes**, anytime for less!

Members - **\$20 for 12 classes** (specialty classes only - no expiration date)

Non-Members - **\$30 for 12 classes** (any class - no expiration date)



**Beat the heat with group fitness! Achieve your fitness goals with fun, motivating, challenging, and results oriented classes.**

**Get moving, stay moving, and be healthy!**

For questions/comments about the group fitness schedule, please contact the Group Program Director Sara Lovett at [slovett@zxfitness.com](mailto:slovett@zxfitness.com)