

NORTH CHARLESTON : SAMPLE

COMING SOON!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	THE RIDE 6:00 AM - 45 min - R TREAD N' SHED 6:00 AM - 30 min - T ABSOLUTION 6:30 AM - 30 min - G BODYWEB WITH TRX® 9:00 AM - 30 min - G ZUMBA® WITH BURSTS 9:30 AM - 30 min - G	FAT BURNING PILATES 9:00 AM - 30 min - G THE RIDE 9:30 AM - 45 min - R YOGA BODY SCULPT 9:30 AM - 60 min - G	CARDIO TAI BOX 6:00 AM - 30 min - G THE RIDE 6:00 AM - 45 min - R BODYWEB WITH TRX® 6:30 AM - 30 min - G TREAD N' SHED 9:30 AM - 30 min - T ZUMBA® 10:00 AM - 60 min - G	360-3X 9:00 AM - 30 min - G FAT BURNING PILATES 9:30 AM - 30 min - G THE RIDE 9:30 AM - 45 min - R	360-3X 6:00 AM - 30 min - G BELLY, BUTT AND THIGHS BOOTCAMP 6:30 AM - 30 min - G ZUMBA® WITH BURSTS 9:00 AM - 30 min - G ABSOLUTION 9:30 AM - 30 min - G	ZUMBA® 9:00 AM - 60 min - G CARDIO TAI BOX 10:00 AM - 30 min - G THE RIDE 10:00 AM - 45 min - R ABSOLUTION 10:30 AM - 30 min - G RETRO-ROBICS 11:00 AM - 30 min - G YOGA BODY SCULPT 11:30 AM - 60 min - G	360-3X 9:00 AM - 30 min - G THE RIDE 9:00 AM - 45 min - R ZUMBA® WITH BURSTS 9:30 AM - 30 min - G FAT BURNING PILATES 10:00 AM - 30 min - G TREAD N' SHED 10:30 AM - 30 min - T
LUNCH		TREAD N' SHED 12:00 PM - 30 min - T ABSOLUTION 12:30 PM - 30 min - G		CARDIO TAI BOX 12:00 PM - 30 min - G BELLY, BUTT AND THIGHS BOOTCAMP 12:30 PM - 30 min - G			
PM	THE RIDE 5:30 PM - 45 min - R ZUMBA® 5:30 PM - 60 min - G ABSOLUTION 6:30 PM - 30 min - G BODYWEB WITH TRX® 7:00 PM - 30 min - G YOGA BODY SCULPT 7:30 PM - 60 min - G	CARDIO TAI BOX 5:30 PM - 30 min - G BELLY, BUTT AND THIGHS BOOTCAMP 6:00 PM - 30 min - G THE RIDE 6:00 PM - 45 min - R BODYWEB WITH TRX® 6:30 PM - 30 min - G ZUMBA® 7:00 PM - 60 min - G	ABSOLUTION 5:30 PM - 30 min - G 360-3X 6:00 PM - 30 min - G BODYWEB WITH TRX® 6:30 PM - 30 min - G THE RIDE 6:30 PM - 45 min - R ZUMBA® WITH BURSTS 7:00 PM - 30 min - G BELLY, BUTT AND THIGHS BOOTCAMP 7:30 PM - 30 min - G	TREAD N' SHED 5:00 PM - 30 min - T RETRO-ROBICS 5:30 PM - 30 min - G THE RIDE 5:30 PM - 45 min - R BODYWEB WITH TRX® 6:00 PM - 30 min - G ZUMBA® 6:30 PM - 60 min - G YOGA BODY SCULPT 7:30 PM - 60 min - G	THE RIDE 5:30 PM - 45 min - R ZUMBA® 6:00 PM - 60 min - G		





CLASS DESCRIPTIONS

NORTH CHARLESTON

360-3X: 360 degrees of pure work! Using dedicated work efforts designed to challenge even the most seasoned athlete 360-3X delivers a serious heart pounding, calorie burning workout designed to push you to the max. Using a signature formula of three 60 second work efforts grouped in rounds, 360-3X provides a total body workout with maximum results.

Absolution: The perfect core strengthening solution: concentrated ab-centric floorwork paired with deep restorative stretching.

Belly, Butt and Thighs Bootcamp: Focus on your lower half in this belly-busting, booty shaping, two-part intensive class that features a series of exercise combinations that target, you guessed it - your belly, butt, and thighs.

Bodyweb with TRX®: Hang from the durable TRX® ropes to push, pull, lift and lower your body through Spiderman moves for a total body suspension workout that also super-strengthens your core.

Cardio Tai Box: A high energy; high impact blend of kicks and punches set to upbeat music. The perfect combination of martial arts, boxing and cardiovascular training.

Fat Burning Pilates: Calorie burning cardio and pilates based toning combine to maximize your fat burning potential.

Retro-Robics: It's a blast from the past! Work up a sweat with a touch of nostalgia in this heart-pumping, traditional aerobics class. This time around, legwarmers are optional!

The Ride: Put the pedals to the metal in this fast-paced workout taught on a stationary bike. You'll climb, sprint, and train to incredible music and extraordinary instruction.

Tread n' Shed: This bad@ss cardio class will put you on the treadmill to melt away calories. In it, you'll use sprints and slow walks with varying speeds and ramp heights to get a workout that's got all the ups and downs of a roller coaster.

Yoga Body Sculpt: A strength-building Vinyasa flow class that focuses on sculpting your buns and thighs while flattening your belly and strengthening your core.

ZUMBA®: Fuse hypnotic Latin rhythms and easy-to-follow moves to create a high energy, calorie blasting, total body dance based workout designed to tone your body from head to toe.

Zumba® with Bursts : Zumba with Bursts® integrates high-intensity athletic intervals into the tried and true Zumba® formula. Get ready for an exciting and effective workout! This program fuses high intensity training concepts with electrifying fitness exercises into the well-recognized Zumba® formula, for a cardio boosting fitness workout. Turn up the intensity, turn up the fun- and get those rockin' body results you are craving.