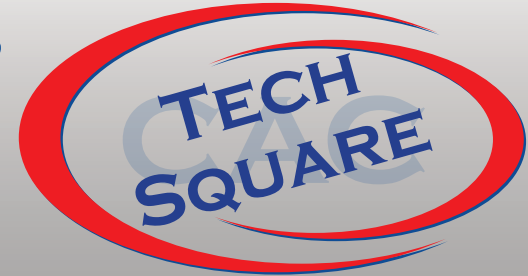




CAMBRIDGE ATHLETIC CLUB

600 Technology Square
 cambridgeathletic.com
 617-494-8989



Monday Tuesday Wednesday Thursday Friday Saturday

Morning Classes

7:00 AM
CAMBRIDGE BOOTCAMP

BODYPUMP
6:30 AM
 Gerry
 45 Min

7:00 AM
CAMBRIDGE BOOTCAMP

rpm
9:00 AM
 Andrea/Beth
 45 Min

Afternoon Classes

BODYCOMBAT
12:10 PM
 Sue
 45 Min

BODYPUMP
12:10 PM
 Sue
 45 Min

BODYCOMBAT
12:10 PM
 Sue
 45 Min

BODYPUMP
12:10 PM
 Sue/Jared
 45 Min

12:00 PM
 Vinyasa
 Yoga
 Ryan
 55 Min

BODYCOMBAT
9:00 AM
 David
 55 Min

Evening Classes

BODYPUMP
5:30 PM
 Lindsay
 55 Min

ZUMBA fitness
5:30 PM
 Acea
 55 Min

BODYPUMP
5:45 PM
 Deb
 45 Min

ZUMBA fitness
5:30 PM
 David
 55 Min

BODYCOMBAT
6:35 PM
 George
 55 Min

CAMBRIDGE BOOTCAMP
6:30 PM

BODYCOMBAT
6:35 PM
 Deb
 45 Min

CAMBRIDGE BOOTCAMP
6:30 PM

BODYPUMP
10:00 AM
 Andrea/Jess
 55 Min

10:00 AM
 Vinyasa
 Yoga
 Lola
 55 Min

CXWORX
11:00 AM
 Andrea
 30 Min

rpm
10:00 AM
 Izzy/Beth
 45 Min

ZUMBA fitness
10:30 AM
 Ashley G.
 45 Min

Spring 2012 Group Fitness Schedule

For more info contact:
David Lee
 Group Fitness Director
 (617) 491-8989
 david@cambridgeathletic.com

Club Hours
Monday-Thursday - 5:30 AM - 9:00 PM
Friday - 5:30 AM - 8:00 PM
Saturday - 8:00 AM - 2:00 PM
Sunday - Closed



** All weekend classes at CAC's 215 First St Location FREE for Tech Square Members!*

Cambridge Bootcamp is a small group training, fee based program. This program will push you HARD with creative exercises, goal-oriented challenges, and heart pumping exercises that will make you and your muscles FIT & STRONG!

*6 week small group personal training program.
 *\$89 for 1x week or \$149 for 2x week.

Body Pump - Body Pump is the original barbell workout that is designed to improve strength and endurance in all the major muscle groups, and burn calories in the process. Great music will help participants through the class to achieve maximum benefits.

Vinyasa Yoga - Yoga is a physical and mental discipline that originated in India. Through yoga, one learns to control and balance the various muscle groups of the body by developing strength and flexibility. This is accomplished through the performance of various poses (asanas) and incorporating awareness of breath and proper alignment of the body.

Zumba - The Zumba® program fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program that will blow you away. Our goal is simple: we want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie burning, body energizing, awe inspiring movements meant to engage and captivate for life!

BodyCombat - BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.