

# CAMBRIDGE ATHLETIC CLUB

Athenaeum Building • 215 First St  
(617) 491-8989 • CAMBRIDGEATHLETIC.COM

WINTER 2018 GROUP FITNESS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## MORNING CLASSES

**LES MILLS RPM** 45'

6:30 AM  
CYCLE STUDIO

**LES MILLS BODY PUMP**

6:30 AM  
MAIN STUDIO

**LES MILLS RPM** 45'

6:30 AM  
CYCLE STUDIO

**LES MILLS BODY PUMP**

6:30 AM  
MAIN STUDIO

**LES MILLS RPM** 45'

6:30 AM  
CYCLE STUDIO

**LES MILLS RPM** 45'

9:30 AM  
CYCLE STUDIO

**BOOTCAMP** 45'

7:15 AM  
BASKETBALL COURT

**LES MILLS BODY PUMP**

## NOON

**TRX** 45'

12:00 PM  
LOWER STUDIO

**BOOTCAMP** 45'

12:00 PM  
MAIN STUDIO

**YOGA**

12:00 PM  
LOWER STUDIO

**TRX** 45'

12:00 PM  
LOWER STUDIO

**YOGA**

12:00 PM  
LOWER STUDIO

10:30 AM  
MAIN STUDIO

**LES MILLS BODY PUMP** 45'

12:10 PM  
MAIN STUDIO

**LES MILLS RPM** 45'

12:10 PM  
CYCLE STUDIO

**LES MILLS BODY PUMP** 45'

12:10 PM  
MAIN STUDIO

**LES MILLS sprint** 30'

12:15 PM  
CYCLE STUDIO

**LES MILLS GRIT** 30'

12:15 PM  
MAIN STUDIO

10:30 AM  
LOWER STUDIO

## EVENING CLASSES

**LES MILLS GRIT** 30'

5:30 PM  
MAIN STUDIO

**LES MILLS RPM** 45'

5:30 PM  
CYCLE STUDIO

**TRX** 45'

5:30 PM  
LOWER STUDIO

**LES MILLS RPM** 45'

5:30 PM  
CYCLE STUDIO

**TRX** 45'

5:30 PM  
LOWER STUDIO

## SUNDAY

**LES MILLS BODYFLOW**

5:30 PM  
LOWER STUDIO

**LES MILLS CXWORX** 30'

5:30 PM  
MAIN STUDIO

**LES MILLS BODY PUMP**

5:30 PM  
MAIN STUDIO

**LES MILLS CXWORX** 30'

5:30 PM  
MAIN STUDIO

**ZUMBA**

5:30 PM  
MAIN STUDIO

**LES MILLS RPM** 45'

9:30 AM  
CYCLE STUDIO

**LES MILLS RPM** 45'

6:00 PM  
CYCLE STUDIO

**LES MILLS GRIT** 30'

6:00 PM  
MAIN STUDIO

**LES MILLS RPM** 45'

6:30 PM  
CYCLE STUDIO

**LES MILLS BODYATTACK**

6:00 PM  
MAIN STUDIO

**ZUMBA**

6:00 PM  
MAIN STUDIO

**LES MILLS BODYATTACK**

10:30 AM  
MAIN STUDIO

**LES MILLS BODY PUMP**

6:30 PM  
MAIN STUDIO

**LES MILLS CXWORX** 30'

6:30 PM  
MAIN STUDIO

**LES MILLS BODYFLOW**

6:30 PM  
LOWER STUDIO

**CAMBRIDGE TANG SOO DOO**

7:15 PM  
MAIN STUDIO

**BARRE**

6:30 PM  
LOWER STUDIO

**CAMBRIDGE TANG SOO DOO**

7:15 PM  
MAIN STUDIO

**ZUMBA**

6:30 PM  
MAIN STUDIO

CLASSES WITH NO TIME DESIGNATIONS ARE 55 MIN

QUESTIONS?  
(617) 491-8989

OR  
EMAIL IZZY,  
GROUP FITNESS MANAGER  
IZZY@CAMBRIDGEATHLETIC.COM

# GROUP FITNESS CLASS DESCRIPTIONS

## **LES MILLS** **BODYATTACK**

BODYATTACK™ is the sport-inspired workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

## **LES MILLS** **BODYFLOW**

BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

## **LES MILLS** **BODYPUMP**

This high-repetition workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Mix in great music, and you get a class that delivers results. You will find BODYPUMP™ on our schedule both in 45 and 55 minute formats.



Boxing is an authentic boxing workout where you learn how to hit like a heavyweight champion as well as practice basic footwork and defensive techniques. Boxing is a full body workout which will improve your cardiovascular and endurance systems while training you upper, lower and core body strength.



Barre is a total body workout that will create the long, lean, and toned body of a primaballerina! Achieve results with the grace of ballet, strength of pilates, and flexibility of yoga. This trifecta will have you sweating, burning calories and building lean muscles in no time!

## **LES MILLS** **CXWORX**

CXWORX is a 30 min core class that utilizes the latest research on the core to deliver results. This class is ideal for strengthening the abdominals and glutes while improving functional strength and assisting in injury prevention. In class, you'll do both isolation of the core muscle groups (e.g. crunches) and reactive core training with resistance bands.

## **LES MILLS** **GRIT**

LES MILLS GRIT is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and/or body weight exercises to blast all major muscle groups and cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast. You can experience GRIT Cardio, GRIT Plyo, and GRIT Strength at CAC.

## **LES MILLS** **RPM**

RPM™ is the 45 minute, indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

## **LES MILLS** **sprint**

LES MILLS SPRINT is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact 30 minute workout that drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort.



The TSD program focuses on the art of Tang Soo Do. This structured and fast-paced class will develop you as a martial artist, in addition to being a great workout. All levels from beginner to expert are welcome.

## **TRX**

TRX is a form of suspension training which uses gravity and body weight to provide resistance for your workout. This training helps with balance, strength, flexibility and core stability all at once. Using your body weight and gravity, you will be performing many different exercises for all strength levels.

## **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. 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!