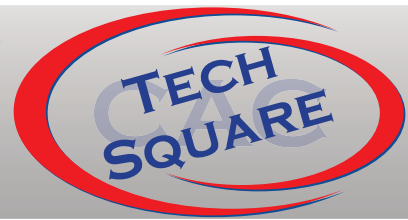




# CAMBRIDGE ATHLETIC CLUB

600 Technology Square  
cambridgeathletic.com  
617-494-8989



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## MORNING CLASSES

**TRX**

45'

7:00 AM

**TRX**

45'

7:00 AM

## NOON

**LES MILLS  
BODYCOMBAT**

55'

12:10 PM

**LES MILLS  
BODYPUMP**

45'

12:10 PM

**YOGA**

55'

12:00 PM

**LES MILLS  
BODYPUMP**

45'

12:10 PM

**LES MILLS  
BODYCOMBAT**

55'

12:10 PM

## EVENING CLASSES

**LES MILLS  
BODYPUMP**

55'

5:30 PM

**YOGA**

55'

5:30 PM

**LES MILLS  
BODYPUMP**

55'

5:30 PM

**ZUMBA**

45'

5:30 PM

**YOGA**

55'

5:00 PM

**LES MILLS  
BODYCOMBAT**

55'

6:30 PM

**ZUMBA**

45'

6:30 PM

## WEEKEND CLASSES AT CAC 215 FIRST STREET

SATURDAY

SUNDAY

**LES MILLS  
RPM**

45'

9:30 AM

CYCLE STUDIO

**LES MILLS  
RPM**

45'

9:30 AM

CYCLE STUDIO

**LES MILLS  
BODYPUMP**

55'

10:30 AM

MAIN STUDIO

**LES MILLS  
BODYATTACK**

55'

10:30 AM

MAIN STUDIO

**LES MILLS  
BODYFLOW**

55'

10:30 AM

LOWER STUDIO

ALL WEEKEND CLASSES AT  
CAC'S FIRST ST LOCATION  
FREE FOR TECH SQ MEMBERS!

QUESTIONS?  
(617) 491-8989  
OR  
EMAIL IZZY,  
GROUP FITNESS MANAGER  
IZZY@CAMBRIDGEATHLETIC.COM

WINTER 2018 GROUP FITNESS SCHEDULE

# GROUP FITNESS CLASS DESCRIPTIONS

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## **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** **BODYCOMBAT**

BODYCOMBAT™ is a fiercely energetic class inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi, and Muay Thai. Supported by driving music you strike, punch, and kick your way through a superior cardio class. Improve your fitness level and empower yourself with

## **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.

## **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.

## **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!