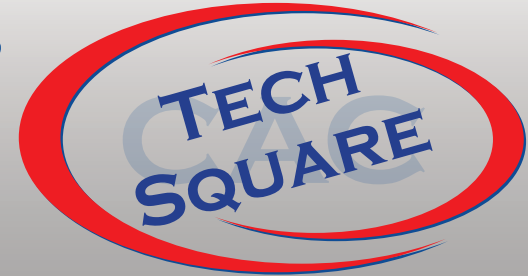




# CAMBRIDGE ATHLETIC CLUB

600 Technology Square  
cambridgeathletic.com  
617-494-8989



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

(at 215 First St)

Yoga

6:45 AM

Virtual Class

**TRX**

7:00 AM\*

45 Min

**BODYPUMP**

7:00 AM

55 Min

**TRX**

7:00 AM\*

45 Min

P90X

6:45 AM

Virtual Class

**RPM**

9:30 AM

45 Min

**BODYCOMBAT**

9:30 AM

55 Min

**BODYPUMP**

10:30 AM

45 Min

**BODYFLOW**

10:30 AM

55 Min

Sunday

(at 215 First St)

**RPM**

9:30 AM

45 Min

**BODYATTACK**

10:30 AM

55 Min

## Morning Classes

## Afternoon Classes

## Evening Classes

## Spring / Summer 2017 Group Fitness Schedule

\*Sign up prior to class

For more info contact:  
(617) 491-8989  
membership@cambridgeathletic.com

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

**BODYCOMBAT**

**BODYCOMBAT™** is a fiercely energetic inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi, muay thai. Supported by driving music as you strike, punch, kick, and kata your waythrough caloriesto superior cardio.

**BODYPUMP**

The **BODYPUMP** 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.

**TRX**

TRX is a form of suspension training which uses gravity and body weight to provide resistance for your workout. Using TRX straps, this training helps with balance, strength, flexibility, and core stability all at once.

**ZUMBA**  
fitness

Zumba® fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. You'll have an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

**YOGA**

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.