

CAMBRIDGE ATHLETIC CLUB

Athenaeum Building • 215 First St

(617) 491-8989 • CAMBRIDGEATHLETIC.COM

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Morning Classes

RPM
6:30 AM
Cycle Studio

BODYPUMP
6:30 AM
Main Studio

RPM
6:30 AM
Cycle Studio

BODYPUMP
6:30 AM
Main Studio

RPM
6:30 AM
Cycle Studio

RPM
9:30 AM
Cycle Studio

Yoga
7:15 AM
Virtual Class

Boxing
7:00 AM*
Lower Studio

Pilates
6:45 AM
Virtual Class

Yoga
7:15 AM
Virtual Class

BODYPUMP
10:30 AM
Main Studio

BOOTCAMP
7:15 AM*
Basketball Court

BODYFLOW
10:30 AM
Lower Studio

Afternoon Classes

TRX
12:00 PM*
Lower Studio

BOOTCAMP
12:00 PM*
Main Studio

YOGA
12:00 PM
Lower Studio

TRX
12:00 PM*
Lower Studio

YOGA
12:00 PM
Lower Studio

Sunday
RPM
9:30 AM
Cycle Studio
BODYATTACK
10:30 AM
Main Studio

BODYPUMP
12:10 PM
Main Studio

RPM
12:10 PM
Cycle Studio

BODYPUMP
12:10 PM
Main Studio

sprint
12:15 PM
Cycle Studio

GRIT
12:15 PM
Main Studio

Evening Classes

BODYFLOW
5:30 PM
Lower Studio

RPM
5:30 PM
Cycle Studio

TRX
5:30 PM*
Lower Studio

RPM
5:30 PM
Cycle Studio

TRX
5:30 PM*
Lower Studio

ZUMBA
5:30 PM
Main Studio

CXWORX
5:30 PM
Main Studio

BODYPUMP
5:30 PM
Main Studio

CXWORX
5:30 PM
Main Studio

RPM
6:00 PM
Cycle Studio

GRIT
6:00 PM
Main Studio

RPM
6:30 PM
Cycle Studio

BODYATTACK
6:00 PM
Main Studio

BODYPUMP
6:30 PM
Main Studio

sprint
6:30 PM
Cycle Studio

BODYFLOW
6:30 PM
Lower Studio

Boxing
6:00 PM*
Lower Studio

BARRE
6:30 PM*
Lower Studio

CAMBRIDGE TANG SOO DO
7:15 PM
Main Studio

CAMBRIDGE TANG SOO DO
7:15 PM
Main Studio

Virtual Classes

All virtual classes are taught in the main studio. Classes are fitness on demand, taught on the big screen!

Class Durations

30 min: CxWorx, Grit, Sprint

45 min: Bootcamp, Boxing, C-Barre, RPM, TRX, & Zumba

55 min: BodyAttack, BodyCombat, BodyFlow, BodyPump, Tang Soo Do, Yoga

Fall 2017 Group Fitness Schedule

*Classes limited to 12-15 people, reserve your spot the day of by signing up online

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

Group Fitness Class Descriptions



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. This 60 minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls.



BODYCOMBAT™ 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. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio.



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.



This 60 minute 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.



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.



C-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!



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.



RPM™ is the 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.



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 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 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.



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!