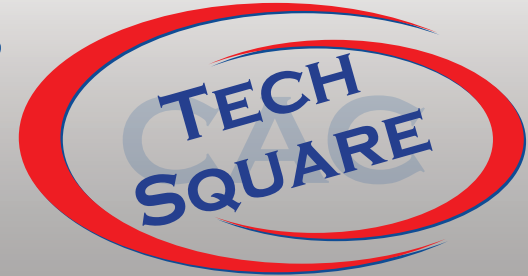




CAMBRIDGE ATHLETIC CLUB

600 Technology Square
cambridgeathletic.com
617-494-8989



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

(at 215 First St)

Morning Classes

Yoga
6:45 AM
Virtual Class

TRX
7:00 AM*
45 Min

RIP
7:00 AM
Virtual Class

TRX
7:00 AM*
45 Min

P90X
6:45 AM
Virtual Class

RPM
9:30 AM
45 Min

BODYPUMP
10:30 AM
45 Min

BODYFLOW
10:30 AM
55 Min

Afternoon Classes

BODYCOMBAT
12:10 PM
55 Min

BODYPUMP
12:10 PM
55 Min

YOGA
12:10 PM
55 Min

BODYPUMP
12:10 PM
55 Min

BODYCOMBAT
12:10 PM
55 Min

Evening Classes

BODYPUMP
5:30 PM
55 Min

YOGA
5:30 PM
55 Min

BODYPUMP
5:30 PM
55 Min

ZUMBA
5:30 PM
45 Min

Yoga
5:00 PM
Virtual Class

BODYCOMBAT
6:30 PM
55 Min

ZUMBA
6:30 PM
45 Min

Sunday

(at 215 First St)

RPM
9:30 AM
45 Min

BODYATTACK
10:30 AM
55 Min

Fall 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™ 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.



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 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® 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!



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.