

# NO EXCUSE WORKOUT ~ GROUP EX November 2012



Zumba® Toning



Zumba® Fitness



Zumba Sentao™

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BODYPUMP</b> 	<b>CXWORX</b>	<b>BODYPUMP</b> 	<b>CXWORX</b> 	<b>CXWORX</b>	<b>BODYPUMP</b>	<b>CXWORX</b>
<b>4 AS 10 AM YOGA</b> Charlene 	<b>5 CS 6:00 AM Cycle</b> James <b>GS 9:00 Fit N Flexible</b> Jill <b>CR 12:00 Lunch Circuit</b> Rachad <b>CS 6:00 Express Cycle</b> Tj <b>GS 6:00 NX30</b> Rich <b>GS 6:30 BODYPUMP®</b> Tj <b>GS 7:30 CXWORX™</b> Tj	<b>6 GS 6:30 BODYPUMP®</b> Charlene <b>GS 12:00 TotalBody</b> Richard <b>GS 6:00 Belly Dance Mix</b> Nubia <b>CS 6:00 PM Cycle</b> Charlene <b>CR 7:00 Evening Circuit</b> Rachad <b>GS 7:00 ZUMBA</b> LaToya <b>GS 8:00 PiYo Express</b> Charlene	<b>7 CS 6:00 AM Cycle</b> James <b>AS 9:00 Fit N Flexible</b> Jill <b>CR12:00 Lunch Circuit</b> Rachad <b>AS 6:00 CXWORX™</b> Rich <b>CS 6:30 Rhythm Cycle</b> Rich <b>GS 6:30 BODYPUMP®</b> Rock <b>GS 7:30 CardioGroove</b> Rock	<b>8 GS 6:30 BODYPUMP®</b> Charlene <b>GS 12:00 TotalBody</b> Richard <b>GS 5:45 Advanced Abs</b> Richard <b>CS 6:15 Ride with Attitude</b> Toure <b>GS 6:15 ZUMBA/Z tonin</b> Jaz <b>CR 7:00 Evening Circuit</b> Rachad <b>GS 7:15 CardioBounce</b> Jill	<b>9 CS 6:00 AM Cycle</b> James <b>AS 9:00 PiYo S</b> Jill <b>CR12:00 Lunch Circ</b> Rachad <b>GS 5:30 NX30</b> Rich <b>GS 6:00 PiYo</b> Charlene <b>GS 7:00 ZUMBA</b> Cat	<b>10GS 7:05-8:25 CardioBox</b> Wayne <b>CR 8:00 ExpressCircuit</b> Nikki <b>CS 8:30 AM Cycle</b> Kathy <b>GS 8:30 CardioPowerPi</b> Nikki <b>GS 9:30 BODYPUMP®</b> Rock <b>GS 10:30CXWORX™</b> Rock
<b>11 AS 10 AM YOGA</b> Charlene 	<b>12 CS 6:00 AM Cycle</b> James <b>GS 9:00 Fit N Flexible</b> Jill <b>CR 12:00 Lunch Circuit</b> Rachad <b>CS 6:00 Express Cycle</b> Tj <b>GS 6:00 NX30</b> Rich <b>GS 6:30 BODYPUMP®</b> Tj <b>GS 7:30 CXWORX™</b> Tj	<b>13 AS 6:30 BODYPUMP®</b> Charlene <b>GS 12:00 TotalBody</b> Richard <b>GS 6:00 Belly Dance Mix</b> Nubia <b>CS 6:00 PM Cycle</b> Charlene <b>CR 7:00 Evening Circuit</b> Rachad <b>GS 7:00 ZUMBA</b> LaToya <b>GS 8:00 PiYo Express</b> Charlene	<b>14 CS 6:00 AM Cycle</b> James <b>GS 9:00 Fit N Flexible</b> Jill <b>CR12:00 Lunch Circuit</b> Rachad <b>GS 6:00 CXWORX™</b> Richard <b>CS 6:30 Rhythm Cycle</b> Rich <b>GS 6:30 BODYPUMP®</b> Rock <b>GS 7:30 CardioGroove</b> Rock	<b>15 GS 6:30 BODYPUMP®</b> Charlene <b>GS 12:00 TotalBody</b> Richard <b>GS 5:45 Advanced Abs</b> Richard <b>CS 6:15 Ride with Attitude</b> Toure <b>GS 6:15 ZUMBA/HHH</b> Jaz <b>CR 7:00 Evening Circuit</b> Rachad <b>GS 7:15 CardioBounce</b> Jill	<b>16 CS 6:00 AM Cycle</b> James <b>GS 9:00 PiYo S</b> Jill <b>CR12:00 Lunch Circ</b> Rachad <b>GS 5:30 NX30</b> Rich <b>GS 6:00 PiYo</b> Charlene <b>GS 7:00 ZUMBA</b> Cat	<b>17 GS 7:05-8:25 CardioBox</b> Wayne <b>CR 8:00 ExpressCircuit</b> Nikki <b>CS 8:30 AM Cycle</b> Rich <b>GS 8:30 CardioPowerPi</b> Nikki <b>GS 9:30 BODYPUMP®</b> Rock <b>GS 10:30CXWORX™</b> Rock
<b>18 GS 10:00 AM YOGA</b> Charlene R 	<b>19 CS 6:00 AM Cycle</b> James <b>GS 9:00 Fit N Flexible</b> Jill <b>CR 12:00 Lunch Circuit</b> Rachad <b>CS 6:00 Express Cycle</b> Tj <b>GS 6:00 NX30</b> Rich <b>GS 6:30 Tj'sUltimateChallenge</b> <b>GS 7:30 CXWORX™</b> Tj	<b>20 GS 6:30 BODYPUMP®</b> Charlene <b>GS 12:00 TotalBody</b> Richard <b>GS 6:00 Belly Dance Mix</b> Nubia <b>CS 6:00 PM Cycle</b> Charlene <b>CR 7:00 Evening Circuit</b> Rachad <b>GS 7:00 ZUMBA</b> LaToya <b>GS 8:00 STEP Express</b> Steven	<b>21 CS 6:00 AM Cycle</b> James <b>GS 9:00 Fit N Flexible</b> Jill <b>CR12:00 Lunch Circuit</b> Rachad <b>GS 6:00 CXWORX™</b> Richard <b>CS 6:30 Rhythm Cycle</b> James <b>GS 6:30 BODYPUMP®</b> Rock Steve <b>GS 7:30 STEP by STEP</b> Steven	<b>22</b> <b>GS 9:00 -11:00 AM with</b> Wayne  <i>Boxing Gloves required! Sweat..optional!!</i>	<b>GS 9:00-12:00</b> Yvette,,Nikki,Rachad, Steven and Toya <b>Burn The Bird</b> <b>Aerobithon!</b> 	<b>24 GS 7:05-8:25 CardioBox</b> Wayne <b>CR 8:00 ExpressCircuit</b> Nikki <b>CS 8:30 AM Cycle</b> Rich <b>GS 8:30 CardioPowerPi</b> Nikki <b>GS 9:30 BODYPUMP®</b> Rock <b>GS 10:30CXWORX™</b> Rock
<b>25 GS 10:00 AM YOGA</b> Charlene R 	<b>26CS 6:00 AM Cycle</b> James <b>GS 9:00 Fit N Flexible</b> Jill <b>CR 12:00 Lunch Circuit</b> Rachad <b>CS 6:00 Express Cycle</b> Tj <b>GS 6:00 NX30</b> Rich <b>GS 6:30 BODYPUMP®</b> Tj <b>GS 7:30 CXWORX™</b> Tj	<b>27 GS 6:30BODYPUMP®</b> Charlene <b>GS 12:00 TotalBody</b> Richard <b>GS 6:00 Belly Dance Mix</b> Nubia <b>CS 6:00 PM Cycle</b> Charlene P <b>CR 7:00 Evening Circuit</b> Rachad <b>GS 7:00 ZUMBA</b> LaToya <b>GS 8:00 Step Express</b> Steven	<b>28 CS 6:00 AM Cycle</b> James <b>GS 9:00 Fit N Flexible</b> Jill <b>CR12:00 Lunch Circuit</b> Rachad <b>GS 6:00 CXWORX™</b> Richard <b>CS 6:30 Rhythm Cycle</b> James <b>GS 6:30 BODYPUMP®</b> Rock <b>GS 7:30 CardioGroove</b> Rock	<b>29 AS 6:30BODYPUMP®</b> Charlene <b>GS 12:00 TotalBody</b> Richard <b>GS 5:45 Advanced Abs</b> Richard <b>CS 6:15 Ride with Attitude</b> Toure <b>GS 6:15 ZUMBA/ HHH</b> Jaz <b>CR 7:00 Evening Circuit</b> Rachad <b>GS 7:15 CardioBounce</b> Jill <b>BlingItOn!</b> See flyer!	<b>30 CS 6:00 AM Cycle</b> James <b>AS 9:00 PiYo S</b> Jill <b>CR12:00 Lunch Circ</b> Rachad <b>GS 5:30 NX30</b> Rich <b>GS 6:00 PiYo</b> Charlene <b>Special Demo Class</b> with Cat  <b>GS7:00 ZUMBA SENTAO</b>	GS-GroupEx Studio CR-Circuit Room CS-Cycle Studio BR -Boxing Ring CL-Classroom Note: New classes, times and instructors or subs are in Red! Highlighted are pending
<b>Tj's Ultimate Challenge</b> 		<b>ThanksgivingBoxOthon</b> <i>BoxingGloves required! Sweat..optional!!</i>				<b>LOOK</b> <b>NEW Sat Morning</b> <b>Express Circuit..8 AM!!</b>

**CLUB HOURS OF OPERATION**

M-F 5:00am -10:00pm

Sat- 7:00am- 6:00Ppm:

Sun- 9:00-5:00pm

<http://noexcuseworkout.net> #5

*all class formats are subject to change on occasion without notice. All class participants need to be present during the warm up and cool down portion of class*

Not included in basic plan) ages 18 mo-12years



M-F 5:00pm-9:00pm

Sat 8:30am 12:30pm

Phone#301-505-2255

## **Class Descriptions**

**Instructors:** Jill (Cap'n), Richard (Rich), Rachad, Tamika (Tj), Toure, Steven(Steve) Nubia (LaShawn), Venezia(Venise) Charlene R, Latoya (Toya) Anna H(Ljb) Anna T, Chris, Wayne, , Kyisha (Ky), Tammy, (TamTam) Kathy, Kashama (ROCK) Charlene P, James, Larry, Yvette , Nikki and Jasmine (Jaz) Derek, Catherine (Cat), Keyonna, Tonya and Akosua

***Note: New and Specialty class in Italics.***

***ASA! Coming Soon!-*** Aerobic and strength-training workout disguised in the fun, exciting and soul stimulating manner that defines African Dance! It will have you sweating, burning calories, building muscle and discovering a new and exciting way to move!

***Zumba Sentao-*** The Zumba Sentao™ workout takes the thrill of the fitness-party and partners it with explosive, chair-based choreography to strengthen, balance and stabilize your core, and step up your cardio work in a whole new way. Grab a chair, feel the beat and learn how to use your own body weight to enhance muscle strength, improve definition and endurance, and tone your physique. Strut, shake and shimmy as you work your core (and work the chair) in a high-energy fitness-party that will keep you on the edge of your seat....your gonna love this!

***NX30*** Got just 30 minute YES? Go totally... Berserk! You are allowed and what a way to start and end your week! NON STOP! CRAZY! RIP ROARING! INSAIN! See you there!!!

***CXWORX™*** Been meaning to perfect that six-pack? Give your core muscles undivided attention with CXWORX classes, the newest addition at No Excuse Workout Fitness. Designed By LesMills, the half-hour group ex class concentrates on developing core strength by using a series of resistance bands with exercises that target the abs, glutes, back and oblique's all are choreographed to super upbeat motivational music!

***CardioPowerPi*** -Looking for variety in your cardio workout? This non-stop movement class offers three different segments of choreographed cardiovascular training. We are never bored in this class. A lil **Kick** a lil **Bop** a lil step, a lil **Boogie** and finished off with a lil **PiYo Strength** hmmm now that's the way to start your Saturday!!

***CardioBounce*** - Cardio aerobics on and off the Stability Ball, directional movement and high energy music tracks that are intensity but low impact! Great for core balance, cognitive skills and coordination but most of fun! Let's BOUNCE!

***PiYo Strength***-PiYo is a unique combination of Pilates, Yoga, strength conditioning, flexibility and dynamic balance. Learn movements that elongate muscles, strengthen the core, release tension, deepen breath and improve posture.

***PiYo Express***- Short of time but want that much needed stretch after a hard workout? Then this class is perfect for you! The same great dynamic as above but in a condensed version!

***Hip Hop HUSTLE***-Burn up the dance floor and burn calories too! HHH blends hip hop and dance moves, making them simple and easy to follow! Anyone can do this! This workout feels more like a night on the town than exercise. Drop the pounds and get rapid results while you dance, dance, dance!

***Tj's Ultimate Challenge*** - This class focusing on all over STENGTH TRAINING too with a twist! Primarily a barbell class but with a lil extra cardio challenges stirred in for extra flavor! Can you say MAJOR calorie burn, endurance and strength all in one! Yes! It's ULTIMATE!

***TotalBody***-A total body program focusing on all over muscle toning and conditioning utilizing primarily a barbell assembly, hand weight and or resistance tubing! May use other forms of resistance.

***Cardio Groove***-Cardio sports inspired moves combined with athletic high energy aerobics with lots of groove! Directional movement and high energy music tracks that will have you movin and grooving, burnin and turning! Fun Fun Fun! Some interval training is included along with low impact options that make this perfect for everyone!

***Belly Dancing*** - Within minutes of trying to shake, shimmy and gyrate your belly, you will know you are in for a good workout. There is a lot more to belly dancing than meets the eye. You'll feel most of the burn in the torso while they also focus on arms and legs. It's a gentle total body workout that strengthens core muscles while getting the heart moving. The benefits of belly dance are both mental and physical. Dancing provides a good cardiovascular workout and helps increase both flexibility and strength.

***Core Attack*** - A 30 minute totally tone class emphasizing the core muscle groups.

***BODYPUMP***-A Les Mills program focusing on all over strength training utilizing a barbell assembly, The original barbell class!!!

***CardioBox*** - Empowering & fiercely energetic cardio workout inspired by traditional boxing skills including power intervals, old school calisthenics and structured team formatted mitt training. The instructor will create a mitt interval series that will push you hard and have you sweatin bullets!! Class will also focus on foundation and punching technique. Hands down best way to start your day!! Equipment required.

***Fit N Flex*** - Designed for the mature member however anyone can benefit from this fun mix! Increase blood flow and improve cardiovascular health. Tones and strengthens muscle with or without resistance, improve coordination and flexibility

***Zumba*** -When participants see a Zumba class in action, they can't wait to give it a try! Zumba classes feature exotic rhythms set to high energy Latin, contemporary and international beats. Before you know it, you will gettin fit and you're energy level in soaring through the roof! It's off the hook fun and it's easy to do! C'mon... Ditch the workout and join the party!

***Yoga*** - Flow through a series of poses incorporating traditional & power yoga to increase flexibility, balance & strength, ending with a relaxation segment.

R.E.A.D.Y. and sitting on your GO?

***Lunch/Evening Circuit***-This class is designed for busy people. Just have 30 minutes to spare? Drop in at any time up to 30 mins before the close of class and complete a total body workout circuit in just half an hour.

***Cycle*** Whether you are just getting started or have an established training program, we can help you achieve your fitness or racing goals with our cycling program. Cycling can offer benefits for both fitness and fat burning. You can vary your programs so that you can alternate between fitness and fat burning, or a program that includes both. And you don't need to cycle for hours on end. Twenty to thirty minutes of exercise is usually sufficient for good results. Our Cycle classes include ***Express Cycle*** (get on and get it done in 30 min) ***PM Cycle*** (A one hour class appropriate for all levels) ***Rhythm Cycle*** (Intermediate to advanced level, ride all to the rhythmic sounds of the latest HipHop, POP and R&B), ***Ride with Attitude*** (This intermediate to advanced class is all about attitude with a feel good beat that is sure to please!) ***AM Cycle*** (All levels and is Instructors choice so come ready to ride!!)

## **Helpful Hints:**

- **Remember to try a variety of classes and instructors.**
- **Try to arrive to class on time. Warm-ups are very important.**
- **Always drink plenty of water before, during, and after class.**
- **If you are pregnant, taking medication, or have any medical problem that may affect your performance in class, please notify the instructor.**
- **Please alert the instructor if you become dizzy, nauseous, or extremely fatigued.**