

NO EXCUSE WORKOUT

~ GROUP EX March 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	T
	 BODYPUMP Belly Dance	 Fit n Flex	 BODYPUMP New! TotalBody	 CardioBox hiphop hustle		 BODYPUMP
4 AS 10 AM YOGA Chris	5 AS 6:30 BODYPUMP® Charlene AS 9:00 Fit N Flexible Jill CR 12:00 Lunch Circuit Rachad CS 5:30 Express Cycle Tamika AS 6:00 BODYPUMP® Tamika AS 7:15 Butt N Gut Rachad	6 CS 6:00 AM Cycle James AS 12:00 TotalBody Richard AS 6:00 Belly Dance Mix Nubia CS 6:00 PM Cycle Charlene P CR 7:00 Evening Circuit Rachad AS 7:00 ZUMBA LaToya	7 AS 6:30 BODYPUMP® Charlene AS 9:00 Fit N Flexible Jill CR 12:00 Lunch Circuit Rachad AS 6:00 Core Attack Richard CS 6:30 Rhythm Cycle Richard AS 6:30 BODYPUMP® Rock AS 7:30 CardioGroove Rock	8 CS 6:00 AM Cycle James AS 12:00 TotalBody Richard AS 5:45 Advanced Abs Richard CS 6:15 Ride with Attitude Toure AS 6:15 ZUMBA Anna H CR 7:00 Evening Circuit Rachad AS 7:15 Belly Dancing Venezia	9 AS 9:00 Fit N Flex Jill CR 12:00 Lunch Circuit Rachad AS 6:00 YOGA Chris AS 7:00 ZUMBA Anna	10 BR 7:05-8:25 CardioBox Wayne CS 8:30 AM Cycle James AS 8:30 Butt N Gutt Richard AS 9:30 BODYPUMP® Rock AS 10:30 Belly Dancing Nubia AS 11:30 HipHopHustle Venise
11 AS 10 AM YOGA Chris	12 AS 6:30 BODYPUMP® Charlene AS 9:00 Fit N Flexible Jill CR 12:00 Lunch Circuit Rachad CS 5:30 Express Cycle Tamika AS 6:00 BODYPUMP® Tamika AS 7:15 Butt N Gut Rachad	13 CS 6:00 AM Cycle James AS 12:00 TotalBody Richard AS 6:00 Belly Dance Mix Nubia CS 6:00 PM Cycle Charlene CR 7:00 Evening Circuit Rachad AS 7:00 ZUMBA LaToya	14 AS 6:30 BODYPUMP® Charlene AS 9:00 Fit N Flexible Jill CR 12:00 Lunch Circuit Rachad CS 6:30 Rhythm Cycle Richard AS 6:00 Core Attack Richard AS 6:30 BODYPUMP® Rock AS 7:30 CardioGroove Rock	15 CS 6:00 AM Cycle James AS 12:00 TotalBody Richard AS 5:45 Advanced Abs Richard CS 6:15 Ride with Attitude Toure AS 6:15 ZUMBA Anna H CR 7:00 Evening Circuit Rachad AS 7:15 Belly Dancing Venezia	16 AS 9:00 Fit N Flex Jill CR 12:00 Lunch Circuit Rachad AS 6:00 YOGA Chris AS 7:00 ZUMBA Anna	17 AS 7:05 CardioBox Wayne * CS 8:30 AM Cycle James AS 8:30-11:30 PowderBlueLaunchParty HipHop Hustle..Turb0KICK PIYO <i>Venice, Jazz, Nikki and Jill</i>
18 AS 10:00 AM YOGA Chris	19 AS 6:30 BODYPUMP® Charlene AS 9:00 Fit N Flexible Jill CR 12:00 Lunch Circuit Rachad CS 5:30 Express Cycle Tamika AS 6:00 BODYPUMP® Tamika AS 7:15 Butt N Gut Rachad	20 CS 6:00 AM Cycle James AS 12:00 TotalBody Richard AS 6:00 Belly Dance Mix Nubia CR 7:00 Evening Circuit Rachad CS 6:00 PM Cycle Charlene P AS 7:00 ZUMBA LaToya	21 AS 6:30 BODYPUMP® Charlene AS 9:00 Fit N Flexible Jill CR 12:00 Lunch Circuit Rachad AS 6:00 Core Attack Richard AS 6:30 BODYPUMP® Rock CS 6:30 Rhythm Cycle Richard AS 7:30 CardioGroove Rock	22 CS 6:00 AM Cycle James AS 12:00 TotalBody Richard AS 5:45 Advanced Abs Richard CS 6:15 Ride with Attitude Toure AS 6:15 ZUMBA Anna H CR 7:00 Evening Circuit Rachad AS 7:15 Belly Dancing Venezia	23 AS 9:00 Fit N Flex Jill CR 12:00 Lunch Circuit Rachad AS 6:00 YOGA Chris AS 7:00 ZUMBA Anna	24 AS 7:05-8:25 CardioBox Wayne CS 8:30 AM Cycle Rich AS 8:30 Butt N Gutt Rachad AS 9:30 BODYPUMP® Nikki AS 10:30 Belly Dancing Venezia AS 11:30 HipHopHustle Venise
25 AS 10 AM YOGA Chris	26 AS 6:30 BODYPUMP® Charlene AS 9:00 Fit N Flexible Jill CR 12:00 Lunch Circuit Rachad CS 5:30 Express Cycle Tamika AS 6:00 BODYPUMP® Tamika AS 7:15 Butt N Gut Rachad	27 CS 6:00 AM Cycle James AS 12:00 TotalBody Richard AS 6:00 Belly Dance Mix Nubia CS 6:00 PM Cycle Charlene CR 7:00 Evening Circuit Rachad AS 7:00 ZUMBA LaToya	28 AS 6:30 BODYPUMP® Charlene AS 9:00 Fit N Flexible Jill CR 12:00 Lunch Circuit Rachad AS 6:00 Core Attack Richard CS 6:30 Rhythm Cycle Richard AS 6:30 BODYPUMP® Rock AS 7:30 CardioGroove Rock	29 CS 6:00 AM Cycle James AS 12:00 TotalBody Richard AS 5:45 Advanced Abs Richard CS 6:15 Ride with Attitude Toure AS 6:15 ZUMBA Anna H CR 7:00 Evening Circuit Rachad AS 7:15 Belly Dancing Venezia	30 AS 9:00 Fit N Flex Jill CR 12:00 Lunch Circuit Rachad AS 6:00 YOGA Chris AS 7:00 ZUMBA Anna	31 AS 7:05-8:25 CardioBox Wayne CS 8:30 AM Cycle Rich AS 8:30 Butt N Gutt Rachad AS 9:30 BODYPUMP® Rock AS 10:30 Belly Dancing Nubia AS 11:30 HipHopHustle Jazz

CLUB HOURS OF OPERATION

M-F 5:00am -10:00pm ~
Sat- 7:00am- 6:00pm
Sun- 9:00am- 5:00pm

KIDS KORNER



(Not included in basic plan) ages 18 month-12 yrs

M-F 5:00pm-9:00pm
Sat 9:00am - 1:00pm

Phone#301-505-2255 <http://noexcuseworkout.net>

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.

Class Descriptions

Instructors: Jill (Cap'n), Richard (Rich), Tamika (Tj), Toure, Steven, Nubia (LaShawn), Venezia(Venise) Charlene R, Latoya (Toya) Anna H(Ljb) Anna T, Chris, Wayne, Kendra, Ky, Tammy, Kathy, Kashama (ROCK) Charlene P, James, Larry, Yvette , Nikki and Jasmine (Jazz)

Note: New and Specialty class in Italics.

ButtNGut High intensity cardio aerobics with lots of Butt burning and Gut slimming calisthenics!!

Fight Club! **Coming Soon 2012!!!**- Want to train like a boxer? Then this is the class for you! Not for the meek...get ready for round 1..DING!!!

Added Fee for this class

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.

Fit N Flexible – 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 –A dynamic and exciting class full of Latin and exotic music flavors. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. It targets areas such as glutes, legs, arms, abdominals, and the most important muscle in the body, the heart! It is a mixture of body sculpting movements and easy to follow dance steps.

TotalBody - A total body program focusing on all over muscle toning and conditioning utilizing primarily resistabands. May include other forms of resistance.

Cardio Groove – High intensity cardio 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!! Low impact modifications included. Don't miss it!!

BODYPUMP – A Les Mills program focusing on all over STRENGTH TRAINING utilizing primarily a barbell assembly. The original barbell class!!!

ZumbaZoom On Winter Vacation - HOT Latin Circuit Training!! Sculpt and strengthen, your core, trim and firm your arms, lift and firm your booty! Meringa, Cha Cha Cha, Mambo, Samba and Tango your way to fitness all to the sounds of Hot Latin beat!

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

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!!)

CardioKick/TurboKick-This class is a shadow boxing class like you have never attended before. It is the ultimate cardiovascular challenge, complete with a sport specific warm-up, bouts of intense intervals, easy to follow combinations and kickboxing-specific strength/endurance and sometimes a lil funk thrown in to keep it fun!

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.**