

NO EXCUSE WORKOUT

~ GROUP EX June 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BODYPUMP 	BODYPUMP 	BODYPUMP 	BODYPUMP 	BODYPUMP 	BODYPUMP 	AS-AerobicStudio CR-Circuit Room CS-Cycle Studio BR -Boxing Ring CL-Classroom Note: New classes and times in Red!
3 AS 10 AM YOGA Charlene	4 CS 6:00 AM Cycle James 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	5 AS 6:30 BODYPUMP® Charlene AS 12:00 Total Body 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	6 CS 6:00 AM Cycle James 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	7 AS 6:30 BODYPUMP® Charlene 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	8 CS 6:00 AM Cycle James AS 9:00 CardioBounce Jill CR 12:00 Lunch Circuit Rachad AS 6:00 PiYo Charlene AS 7:00 ZUMBA Anna	9 AS 7:05-8:25 CardioBox Wayne CS 8:30 AM Cycle Rich AS 8:30 Butt N Gutt Rachad AS 9:30 BODYPUMP® Jill AS 10:45 Belly Dancing Venezia
10 AS 10 AM YOGA Charlene	11 CS 6:00 AM Cycle James 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	12 AS 6:30 BODYPUMP® Charlene 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	13 CS 6:00 AM Cycle James 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	14 AS 6:30 BODYPUMP® Charlene 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	15 CS 6:00 AM Cycle James AS 9:00 CardioBounce Jill CR 12:00 Lunch Circuit Rachad AS 6:00 PiYo Charlene R AS 7:00 ZUMBA Anna	16 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 10:45 Belly Dancing Venezia
17 AS 10:00 AM YOGA Charlene	18 CS 6:00 AM Cycle James 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	19 AS 6:30 BODYPUMP® Charlene 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 Rock	20 CS 6:00 AM Cycle James 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	21 AS 6:30 BODYPUMP® Charlene 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	22 CS 6:00 AM Cycle James AS 9:00 CardioBounce Jill CR 12:00 Lunch Circuit Rachad AS 6:00 PiYo Charlene R AS 7:00 ZUMBA Anna	23 AS 7:05-8:25 CardioBox Wayne CS 8:30 AM Cycle James AS 8:30 PiYo Nikki AS 9:30 BODYPUMP® Rock AS 10:45 Belly Dancing Nubia
24 AS 10 AM YOGA Charlene Jill on vacation 26- 30	25 CS 6:00 AM Cycle James 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	26 AS 6:30 BODYPUMP® Charlene 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 Rock	27 CS 6:00 AM Cycle James AS 9:00 Fit N Flexible Yvette 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	28 AS 6:30 BODYPUMP® Charlene 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 Nubia	29 CS 6:00 AM Cycle James AS 9:00 Fit N Flex Yvette CR 12:00 Lunch Circuit Rachad AS 6:00 PiYo Charlene R AS 7:00 ZUMBA Anna	30 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 10:45 Turbo KICK® Derek

CLUB HOURS OF OPERATION

12yrs
M-F 5:00am -10:00pm
Sat- 7:00am- 6: Sun- 9:00-5:00pm
Phone#301-505-2255



New Early AM BODYPUMP DAYS! Now on Tues&Thurs
AM Cycle Mon, Wed, Friday!!
5 Early MORNING Classes every week!!

KIDS KORNER



(Not included in basic plan) ages 18 mo-

M-F 5:00pm-9:00pm
Sat 8:30am 12:30pm

<http://noexcuseworkout.net>

Class Descriptions

Instructors: Jill (Cap'n), Richard (Rich), Rachad, 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) Derek, Cat

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**

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!

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 sweat in bullets!! Class will also focus on foundation and punching technique. Hands down best way to start your day!! Equipment required.

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.

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 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 –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 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!!!

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 shadow boxing classes like you have never attended before. It is the ultimate cardiovascular challenge, complete with a sport specific warm-up, bouts of intense intervals (**TURBO**) 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.**

