

TSC GROUP EX SCHEDULE

04/01/21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		5:30-6:00am SPIN 30 Jody				
6:00am Band Strength Heather		6:15am LES MILLS BODYPUMP Jody		6:00-6:45am SPIN 45 Karen No virtual Class		
	8:00-8:30am Kickbox Express Rachel				8:00am Cardio-Strength Karen	8:00-8:30am LES MILLS sprint Marta
	8:30am Barre Strength Rachel	9:00-9:30am LES MILLS CXWORX Andrea	8:30am Pilates Judy	9:00-9:30am Cardio Express Andrea	9:15-9:45am LES MILLS BODYPUMP Express Andrea	9:00am LES MILLS BODYPUMP Jody
					10:00-10:30am LES MILLS CXWORX Andrea	10:05am Barre Strength Amber
4:30pm YOGA Jessica	4:30-5:00pm LES MILLS sprint Tony	4:30pm YOGA Jessica	4:30pm LES MILLS BODYPUMP Michelle			
					There are 10 spots Open for each class. Sign up 30 min prior at front desk.	All Classes will be held in person and virtual unless otherwise marked.
5:45pm LES MILLS BODYPUMP Jody	5:30pm Cardio-Strength Karen		6:00pm ZUMBA Michelle No Virtual Class		Classes not Specified are 55 min in Length	

Questions/Concerns
info@tewksburysportsclub.com
 978-863-8990

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Barre-Strength- Classes include components of Pilates, yoga, and ballet. Using the ballet bar, participants use their own body weight to achieve long, lean muscles. Variations of exercises will be done on the floor using weights, balls, discs, and resistance bands. (Low Impact)

Cardio-Strength- Work your muscles in every way possible. This class is designed to build strength, add definition, and increase your bone density. You can use hand weights, body bars, and body weight to change the shape of your body- instructor's choice! (Low Impact)

Cardio Kickboxing- A cardio work out which includes elements of boxing and mixed martial arts to burn fat, improve balance, and improve coordination. (High impact class. Modifications offered when needed)

Zumba- A low-impact, high octane fat burning workout that combines Latin inspired dance moves with Latin and International music to dance your way to fitness. It's fun and effective! (Low Impact)

Yoga- A Vinyasa style flow class, linking breath, movement, and strong focus on alignment to create strength, balance, and flexibility. *MUST BRING YOUR OWN YOGA MAT*

Pilates- This class emphasizes the balanced development of your body through core strength, flexibility, and body awareness.

Les Mills Bodypump- A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles.

**LES MILLS
BODYPUMP**

after an exhaustive study, BODYPUMP was verified by the University of Auckland as providing the fastest body fat loss of any fitness class. (Low Impact)

Les Mills CXWORX- The intensely challenging 30 minute core workout that gets you results where it counts the most. In this

**LES MILLS
CXWORX**

class you will use a mat, weight plate, resistance band, and body weight. (Yoga mat is recommended)

Les Mills Sprint- Is a 30 minute High-Intensity Interval Training (HITT) workout using an indoor bike to achieve fast results. It's

**LES MILLS
sprint**

a quick and hard style of training that returns rapid results with minimum joint impact. The short duration of LES MILLS SPRINT workout will motivate you to push your physical and mental limits. It features bursts of intensity where you work as hard as possible, followed by periods of rest that prepare you for the next effort. The payoff is you will smash your fitness goals and burn calories for hours after each workout!

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