

PSYCLE ZONE SCHEDULE

New schedule effective June 3, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 am	Cardio Strength 30 Psycle 45	TRX 30 Psycle 45	Power 45 Psycle 45	TRX 30 Psycle 45	Cardio Strength 30 Psycle 45	
6:15 am	Cardio Strength 30	Psycle 45	6:30 Strength	Psycle 45	Cardio Strength 30	
7:30 am	Psycle & Core	Interval 45	Strength Power Flow Yoga	Interval 45	Psycle & Core	Psycle & Strength
8:30 am	Psycle & Upper Body Kid Fit Zone	TRX & Core 45	Strength Kid Fit Zone	Interval 45	Psycle & Core Kid Fit Zone	8:00 Interval 45 Power Flow Yoga
9:30 am	1st Responders Yoga **					Psycle & Strength
10:30 am		PD Cruisers ***		PD Cruisers ***		
12:00 pm	Psycle Xpress 30					
4:30 pm	Power 45 Psycle 45	TRX 30 Psycle 45	Strength	Psycle 45		Sunday: 9:00 am Psycle 45
5:30 pm	Power 45	TRX 30	Strength Psycle 45	TRX & Core 45 Power Flow Yoga	5:15 Hip Hop Happy Hour Psycle 45	6:00 pm Community Yoga Power Flow**
6:30 pm	Power Flow Yoga	Psycle 45	Strength	PD Cruisers ***		

Note: A few classes with class start times off the schedule pattern are noted in **red**.

** Community Yoga classes must be registered through the Small World Yoga website or in person at Zone. Please call ahead to let us know you'll be attending if you do not sign up online.

***PD Cruisers is a free outreach program for those with Parkinson's. To learn more please contact: parkinsonspdcrusers@gmail.com

Call today to book a complementary assessment.

Visit ZoneConditioning.com to see our current trial offer or call 615-754-ZONE (9663)

CLASS DESCRIPTIONS

Note: Number after a class description indicates the duration of the class

Interval: Functional Training Circuit that provides the strength, stability, power, and endurance needed to thrive as you move through life and sport.

Power: Take your training to the next level with this powered up combination of muscle building & toning weighted workouts and body-weight training.

Strength: Strength at Zone aims to help participants reach their own personal strength goals using lower reps and higher weights to allow the body to adapt, strengthen and tone. Prepare to be challenged. Using bars, dumbbells and challenging weights this class will sculpt and strengthen your body for maximum performance.

TRX: Born in the Navy SEALs, TRX is a suspension training body-weight class that develops strength, balance, flexibility and core stability simultaneously. Arrive a few minutes early for your first class so our trainers can walk you through a quick intro.

Power Flow Yoga: Focuses on one breath per movement. A powerful, energetic flow with strong emphasis on breath that engages every muscle in the body. Suitable for all levels. Class is held in a heated room.

Kid Fit Zone: This class is for kids ages 6-12. Child must be with a parent that is a Zone member. Class is for June and July only. Keep your kids moving this summer while you do the same. Kid Fit is a fun, energetic environment your kids will love.

Psycle: All Zone Psycle classes are a non-impact, indoor cycling class that include climbs, sprints, rhythm riding and a lot more. Our focus in every class is to not only challenge your body but to give you the motivation and inspiration to grow your mental strength as well. We want to empower you to build a new you...mind and body. You'll leave class with a great sense of accomplishment.

Psycle & Core This class begins with a challenging cycling class and finishes with some time off the bike devoted to core.

Psycle & Upper Body: Begin with a challenging ride followed time off the bike dedicated to strengthening and toning your upper body.

Psycle & Strength: A challenging ride (ride time may vary) followed by a quick and effective body-weight strength session. A great full body strength & cardio workout.

Hip Hop Happy Hour Psycle: A fun and healthy way to brush off the week with this 45 minute ride while pumpin' to new and throw-back hip hop tunes.

Please arrive 15 minutes early to your first Psycle class for bike set-up.

Download our Zone Conditioning app to register for a class!