

Training

New schedule effective August 28, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 am	ZONE TRAINING	TRX	ZONE TRAINING	TRX	ZONE TRAINING	
6:30 am	ZONE TRAINING		STRENGTH		ZONE TRAINING	
7:00 am						UPPER BODY BLAST
7:30 am	ZONE TRAINING	ZONE TRAINING	STRENGTH	ZONE TRAINING		
8:00 am						ZONE TRAINING
8:30 am		TRX	STRENGTH	ZONE TRAINING	ON THE BALL	
9:00 am						ROTATION
9:30 am			ZONE FUSION		ON THE BALL	
10:00 am						Zone Fusion
12:15 pm			ZONE TRAINING		ZONE FUSION	
4:00 pm	ZONE POWER	TRX	STRENGTH	TRX	ZONE FUSION	
5:15 pm	ZONE POWER	TRX	STRENGTH	TRX		
6:30 pm	ZONE POWER	TRX	STRENGTH	TRX		

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

Zone Power (Intermediate): Take your training to the next level with this powered up combination of muscle building & toning weighted workouts and body-weight training. Ready to hit that pull-up? This is your class.

Upper Body Blast: is a 30 minute upper body challenge that will sculpt and build your arms.

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.

Zone Fusion: This class combines pilates & yoga for a powerful class that will help you strengthen your core, build stability and increase flexibility then finish it off with a few minutes of meditation.

On The Ball: A unique and fun approach to fitness by using stability balls to balance, shape and strengthen your body. Let's roll!

Saturday 9:00 am class rotates for variety:

1st Saturday: On The Ball

2nd Saturday: Step

3rd Saturday: Barre

Spinning

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 am	SPIN	SPIN	SPIN STRENGTH	SPIN	SPIN	
6:30 am		SPIN		SPIN		
7:30 am	SPIN/CORE		SPIN		SPIN STRENGTH	SPIN
8:30 am	SPIN/UPPER BODY BLAST		SPIN		SPIN	
9:00 am						SPIN STRENGTH
9:30 am	SPIN /UPPER BODY BLAST					
12:15 pm	SPIN					
4:00 pm	SPIN STRENGTH			SPIN STRETCH		4:00 SoulFull SPIN
5:15 pm	SPIN STRENGTH	SPIN STRENGTH		SPIN STRETCH	HAPPY HOUR SPIN	
5:30 pm			SPIN			
6:30 pm		BEGINNER SPIN				

Spinning (Spin): 45 minute Spinning Ride. Be ready to sweat!

Beginner Spin: New to Spinning? This class will teach you everything you need to know from bike setup to form/positions and lingo. This 30 minute ride is a great intro to all things Spinning.

SoulFull SPIN: Our once a week we break from the usual while we spin to all Christian music.

SPIN Strength: 30 minutes of Spin & 30 minutes of Strength...not always in that order to keep your body guessing. A great full body strength & cardio workout.

SPIN Core: This class begins with a challenging SPIN finished with some time devoted to core.

SPIN Stretch: This class is a 30 minute ride followed by 30 minutes of stretch. During the stretch portion we focus on muscle groups used most in cycling and running. We utilize foam rollers and straps to aid in lengthening tight, over-used muscles.

SPIN/Upper Body Blast: 30 minute spin ride followed by 30 minutes dedicated to strengthening and toning your upper body.

Happy Hour Spin: A healthy way to brush off the week with this 45 minute ride.

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

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