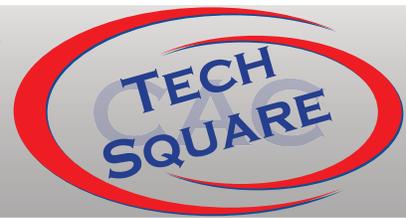




# CAMBRIDGE ATHLETIC CLUB

600 Technology Square  
cambridgeathletic.com  
617-494-8989



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### MORNING CLASSES

LES MILLS  
**BODYPUMP**

7:00 AM



**TRX**

7:00 AM



YOGA

7:00 AM



**TRX**

7:00 AM



LES MILLS  
**BODYPUMP**

7:00 AM



LES MILLS  
**BODYCOMBAT**

12:10 PM



LES MILLS  
**BODYPUMP**

12:10 PM



YOGA

12:00 PM



LES MILLS  
**BODYPUMP**

12:10 PM



LES MILLS  
**BODYCOMBAT**

12:10 PM



### EVENING CLASSES

LES MILLS  
**BODYPUMP**

5:30 PM



YOGA

5:30 PM



LES MILLS  
**BODYPUMP**

5:30 PM



LES MILLS  
**BODYCOMBAT**

5:30 PM



YOGA

5:00 PM



LES MILLS  
**CXWORX**

6:30 PM



ZUMBA

6:30 PM



ZUMBA

6:30 PM



LES MILLS  
**CXWORX**

6:30 PM



### WEEKEND CLASSES AT CAC 215 FIRST STREET

FRIDAY PM

LES MILLS  
**BODYPUMP**

5:30 PM  
MAIN STUDIO



SATURDAY

LES MILLS  
**sprint**

9:00 AM  
CYCLE STUDIO



SUNDAY

LES MILLS  
**GRIT**

10:00 AM  
MAIN STUDIO



LES MILLS  
**RPM**

5:30 PM  
CYCLE STUDIO



LES MILLS  
**barre**

9:45 AM  
MAIN STUDIO



LES MILLS  
**CXWORX**

10:30 AM  
MAIN STUDIO



LES MILLS  
**BODYPUMP**

10:30 AM  
MAIN STUDIO



LES MILLS  
**BODYFLOW**

10:30 AM  
LOWER STUDIO



ALL FRIDAY EVENING AND WEEKEND CLASSES AT CAC'S FIRST ST LOCATION FREE FOR TECH SQ MEMBERS!

QUESTIONS?  
(617) 491-8989

OR  
EMAIL IZZY,  
GROUP FITNESS MANAGER  
IZZY@CAMBRIDGEATHLETIC.COM

FALL 2019 GROUP FITNESS SCHEDULE

# GROUP FITNESS CLASS DESCRIPTIONS

## **LES MILLS** **BODYPUMP**

This high-repetition workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Mix in great music, and you get a class that delivers results. You will find BODYPUMP™ on our schedule both in 45 and 55 minute formats.

## **LES MILLS** **BODYCOMBAT**

BODYCOMBAT™ is a fiercely energetic class inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi, and Muay Thai. Supported by driving music you strike, punch, and kick your way through a superior cardio class. Improve your fitness level and empower yourself with BODYCOMBAT™!

## **LES MILLS** **BODYFLOW**

BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. ALL BODYFLOW CLASSES ARE HELD AT OUR FIRST ST LOCATION.

## **LES MILLS** **CXWORX**

CXWORX is a 30 min core class that utilizes the latest research on the core to deliver results. This class is ideal for strengthening the abdominals and glutes while improving functional strength and assisting in injury prevention. In class, you'll do both isolation of the core muscle groups (e.g. crunches) and reactive core training with resistance bands.

## **LES MILLS** **RPM**

RPM™ is the 45 minute, indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high. ALL RPM CLASSES ARE HELD AT OUR FIRST ST LOCATION.

## **LES MILLS** **GRIT**

LES MILLS GRIT is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and/or body weight exercises to blast all major muscle groups and cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast. You can experience GRIT Cardio, GRIT Plyo, and GRIT Strength at CAC. ALL GRIT CLASSES ARE HELD AT OUR FIRST ST LOCATION.

## **LES MILLS** **sprint**

LES MILLS SPRINT is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact 30 minute workout that drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. ALL SPRINT CLASSES ARE HELD AT OUR FIRST ST LOCATION.

## **TRX**

TRX is a form of suspension training which uses gravity and body weight to provide resistance for your workout. This training helps with balance, strength, flexibility and core stability all at once. Using your body weight and gravity, you will be performing many different exercises for all strength levels.

## **YOGA**

Yoga is a physical and mental discipline that originated in India. Through yoga, one learns to control and balance the various muscle groups of the body by developing strength and flexibility. This is accomplished through the performance of various poses (asanas) and incorporating awareness of breath and proper alignment of the body.

## **ZUMBA**

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

## **BOOTCAMP**

Our Bootcamp classes are small group exercise settings with bespoke formats changing from class to class depending on the coach's plan for that day. There may be elements of cardio in your BootCamp class, but strength and core exercises will always be a part of the BootCamp workout. The Class is 45-minutes long and may be based on classic circuit style setups, it may be based on amount of repetitions for each exercise, and/or it may feature timing formats like Tabata rounds. Each class is a new adventure bound to surprise your muscles and help you spend energy and get stronger.

## **LES MILLS** **barre**

LES MILLS BARRE™ is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, LES MILLS BARRE is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights. ALL LES MILLS BARRE CLASSES ARE HELD AT FIRST ST - Tech Sq members can freely join any of these classes at that location!