

Being *healthy* and *fit* isn't a fad or a trend.

It's a *Lifestyle.*

Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30AM TABATA SPIN LEIGH		5:30:00AM HIIT IT DEBBIE (T)			
					9:00AM SPINNING MICHELLE	
	8:30AM STRENGTH DEBBIE		8:30AM CIRCUIT CITY LEIGH (T)		10:00AM KETTLES/TRX LEIGH	
					10:30AM YOGA SYDNEY	
				<FOLLOW US ON>		
				12:15PM TABATA SPIN LEIGH	   	
5:00PM EXPRESS SPIN BETH		5:00PM HIIT IT DEEDEE (T)	5:30PM <i>NEW TIME</i> THE WARRIOR DEBBIE (T)	<p>SURROUND YOURSELF AROUND FITNESS MINDED PEOPLE. POSITIVITY CAN BE SO CONTAGIOUS!</p>		
5:30PM YOGA NISHITA	5:30PM TABATA SPIN JASON	5:30PM HIIT KICKBOX DEEDEE (T)	5:30PM EXPRESS SPIN MICHELLE			1:15PM EXPRESS SPIN LEIGH/MICHELLE
5:30PM PURE STRENGTH DEBBIE (T)	5:30PM FUNCTIONAL FITNESS KELLEE		5:30PM YOGALATES SYDNEY			
5:45PM EXPRESS SPIN BETH		5:30PM <i>NEW TIME</i> SPINNING MICHELLE				
		6:15PM YOGALATES SYDNEY				

 = SPIN CLASS
 (T) = TURF ROOM
 = 30 MIN. CLASS

SIGN UP FOR YOUR CLASSES USING THE CARDINALS FITNESS CENTER APP TODAY!

**STARTING
OCTOBER 30TH**

LET • FITNESS • TRANSFORM • YOUR • LIFE

**6AM
BOOTCAMP**

MONDAYS, TUESDAYS & THURSDAYS



OPEN GYM

aka.

TURF ROOM

Fully equipped gym open to all members to use on their own

Turf room hours:

Monday-Friday 6-9, Saturday 7-9 & Sunday 12-6

BE SURE AND SIGN IN ON THE SIGN UP SHEET AT THE FRONT DESK

Class Descriptions

SPINNING: A cardio workout on stationary bikes is the ultimate calorie burner! Beginners and veterans can work in the same class as you ride flats, climb hills, and push the sprints just like you would outside!

TABATA SPIN: Utilizing the Tabata format in a spinning class designed to increase the VO2 max of even well trained athletes! Super-efficient and super-effective! Only 30 minutes and you're done!

EXPRESS SPIN: Rev it up and burn some calories fast in this 30 minute power spin class. Great stress reliever. No previous experience required.

YOGALATES: A cross between yoga and Pilates, yogalates focuses mainly on the flow of movement from poses in yoga to those in Pilates. The proponents of yogalates call this combination of the two most widely acclaimed fitness techniques "beautiful and surreal".

YOGA: Yoga is a powerful tool for enhancing posture, balance, and strength. Yoga can help center one's mind, spirit, and body.

HIIT IT: High Intensity Interval Training at its best! Enhance your strength and endurance in an exciting new 30 minute format! A full body workout in an easy to follow but challenging class.

HIIT KICKBOXING: High intensity interval training to optimize and challenge the body and our natural ability to adapt. H.I.I.T Kickboxing is our dynamic fitness program that combines heavy bag work, resistance training, plyometric, cardio intervals and much more! The workouts are explosive, high energy and deliver results.

KICKBOX EXPRESS: Don't have time for a full kickboxing class? Then this class is for you! 30 minutes of high intensity kickboxing, plyometric, cardio intervals and much more!

THE WARRIOR: Be ready to move in this intense and athletic cardio-strength training class that will challenge you in a different way every time! Anything goes!



7-DAY FREE PASS

TO ANY OF OUR GROUP FITNESS

CLASSES WITH

NO OBLIGATIONS

FIRST TIME CLIENTS ONLY

FOR MORE INFO CALL

806-776-6728

OR STOP BY THE FITNESS DESK

CIRCUIT CITY: Balance your workout! This powerful, integrated workout is designed to re-shape and define your body by rotating through a variety of cardio & strength stations.

KETTLES & TRX: The focus is on movement based training. Kettlebells deliver when you want to increase lean muscle mass and improve your core. TRX suspension training leverages gravity and uses your body weight to develop strength, balance, flexibility and core.

TABATA: The latest in cardio training technology! Tabata includes high-intensity blasts of varied exercises in a short format. This 20:10 ratio of work to rest will make you sweat!

FUNCTIONAL FITNESS: Exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports. While using various muscles in the upper and lower body at the same time, functional fitness exercises also emphasize core stability.

STRENGTH: Enjoy this muscular workout that will tighten and tone for a lean body. This resistance class uses equipment like barbells and hand weights and is a great counterbalance to all other muscle conditioning classes and is perfect for all levels.

PURE STRENGTH: Work your muscles in every way possible in this class designed to build strength, add definition, increase your bone density, and decrease your body fat. Using barbells and dumb bells you'll burn fat, gain strength and quickly produce lean body mass!

myzone

Turn your workouts
into a game

