






**FIT IS NOT A DESTINATION, IT IS A WAY OF LIFE!**

Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 AM TABATA SPIN LEIGH <sup>30</sup>		5:30 AM HIIT IT ASHTON (T) <sup>30</sup>		9:00 AM SPINNING MICHELLE	
					10:00 AM KETTLES/TRX LEIGH <sup>30</sup>	
	8:30 AM STRENGTH ASHTON		8:30 AM CIRCUIT CITY LEIGH (T)		10:30AM YOGA SYDNEY	
					<FOLLOW US ON>    	
				12:15 PM TABATA SPIN LEIGH <sup>30</sup>	 <p>I'M NOT HERE TO <u>BE</u> AVERAGE I'M HERE <u>TO</u> BE AWESOME</p>	
5:00 PM EXPRESS SPIN DEEDEE <sup>30</sup>		5:00 PM KICKBOX EXPRESS ASHTON (T) <sup>30</sup>	5:00 PM THE WARRIOR DEEDEE (T) <sup>30</sup>			
5:30 PM YOGA NISHITA	5:30 PM TABATA SPIN JASON <sup>30</sup>	5:30PM HIIT KICKBOX ASHTON (T)	5:30 PM EXPRESS SPIN MICHELLE <sup>30</sup>			1:15 PM EXPRESS SPIN LEIGH/MICHELLE <sup>30</sup>
5:30 PM PURE STRENGTH ASHTON (T)	5:30 PM FUNCTIONAL FITNESS KELLEE (T)		5:30PM <b>NEW TIME</b> YOGALATES SYDNEY			
5:45 PM EXPRESS SPIN DEEDEE <sup>30</sup>		5:45 PM SPINNING MICHELLE				
		6:15PM YOGA SYDNEY				

(T)= TURF ROOM  
<sup>30</sup> = 30 MIN. CLASS

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



**6AM BOOTCAMP**  
**AUGUST 6<sup>TH</sup>-SEPTEMBER 13<sup>TH</sup>**  
**MON. TUES. THURS.**  
**6AM-6:45AM**  
*includes 6 weeks of unlimited classes*  
**WAKE UP**  
**WORKOUT**  
**REPEAT**

**\$149**  
**A \$239**  
**VALUE**

**CARDINALS FITNESS CENTER**

Effective *September 1, 2018*  
 Monthly memberships will be \$60

Take advantage of our monthly autodraft and save \$15  
 Only \$45 a month for unlimited classes and use of the turf room

**Remember NO CONTRACTS!**

# 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 mi

myzone

Turn your workouts  
into a game

