

Group X Contact:

Questions? Email us at:
 info@loggerheadfitness.com
 Tel: (561) 625-3011

LOGGERHEAD FITNESS GROUP X SCHEDULE

01/04/2022 (34)

Club Hours:

Mon-Fri – 5:00am to 8:00pm
 Sat & Sun – 7:00am to 6:00pm
 www.loggerheadfitness.com

	MON (6)	TUE (5)	WED (6)	THU (5)	FRI (5)	SAT (4)	SUN (3)	
Morning	<p>Straight up Step 8:05AM - 9:00AM Lori H.</p> <p>Group Cycle 9:15AM - 10:15AM Jenn A.</p> <p>Cardio Sculpt 10:30AM - 11:20AM Aylin R.</p> <p>Zumba 11:30AM - 12:30PM Elsie R.</p>	<p>* OPEN * 8:05AM - 9:00AM</p> <p>Core Booty 9:15AM - 10:15AM Shaun H.</p> <p>Yoga (Int.) 10:30AM - 11:45AM Nicole L.</p> <p>Zumba 12:00PM - 12:50PM Maria B.</p>	<p>Group Cycle 8:05AM - 9:00AM Mike D.</p> <p>Urban Drums 9:15AM - 10:15AM Christine L.</p> <p>* OPEN * 10:30AM - 11:20AM</p> <p>Mat Pilates 11:30AM - 12:30PM Rachel E.</p>	<p>* OPEN * 8:05AM - 9:00AM</p> <p>Core Booty 9:15AM - 10:15AM Jenn A.</p> <p>Yoga (Int.) 10:30AM - 11:30AM Elizabeth B.</p> <p>Zumba Gold 11:45AM - 12:45PM Aylin R.</p>	<p>Group Cycle 9:00AM-10:00AM Mike D.</p> <p>Core Power & Stretch 10:15AM - 11:15AM Rachel E.</p> <p>Zumba 11:30AM - 12:30PM Maria B.</p>	<p>Group Cycle 8:00AM - 8:50AM Suzanne I.</p> <p>Cardio Pump/Step * 9:05AM - 10:05AM Lori H. / CJ E.</p> <p>Yoga (Int.) 10:15AM - 11:15AM Rita J. / CJ E.</p> <p>Zumba 11:30AM - 12:30PM Nora L.</p>	<p>Yoga (Int.) 9:00AM - 10:00AM Rita J. / CJ E.</p> <p>Mat Pilates 10:15AM - 11:15AM Ania D.</p> <p>Zumba 11:30AM - 12:30PM Rita B.</p>	
	Afternoon	<p>Silver Sneakers Classic 12:45PM - 1:45PM Faith N.</p>	<p>Silver Sneakers Pre-Recorded 1:00PM - 2:00PM</p>	<p>Silver Sneakers Cardio, Strength & Stretch 12:45PM - 1:45PM Aylin R.</p>	<p>Silver Sneakers Pre-Recorded 1:00PM - 2:00PM</p>	<p>Silver Sneakers Classic/Cardio 12:45PM - 1:45PM Michael D.</p> <p>Yoga Gentle 4:00PM - 5:15PM Nicoleta Metta</p>		
	Evening	<p>Yoga (Himalayan) 5:30PM - 6:30PM Tracey O.</p>	<p>Group Cycle 5:45PM-6:45PM Suzanne I.</p>	<p>Pump & Pilates 5:30PM - 6:30PM CJ E.</p>	<p>* OPEN * 5:30PM - 6:30PM</p> <p>Line Dancing 6:30PM - 7:30PM Nicole L.</p>		<p>* Sat - Alternating instructors every other week. Check Sub Schedule for current info.</p>	



901 Donald Ross Road, Juno Beach, FL 33408 (561) 625-3011 ~ www.loggerheadfitness.com





Group X Class Descriptions



Cardio Pump: Designed to give you functional results! Using various, high repetitions movements every major muscle group gets attention. This is a strength-based training class; it will get you "pumped" and stronger!

Cardio Sculpt & Abs: Cardio sculpt plus abs combines strength, cardio and ab work. It is done as a circuit with 3 minutes of sculpting exercises, 2 minutes of high intensity cardio and 1 -2 minutes of ab work. Exercises will change throughout the rounds to target all muscle groups. Light to medium dumbbells, bands or balls are used for sculpting exercises plus a mat for floor work. All exercises can be modified to suit individual needs. Be sure to maximize your fat burning potential with these high intensity intervals while increasing your strength.

Core Booty: Strengthen and tone the core area of the body including Abs, lower back and butt. Increase muscle strength, range of motion to improve upon activities of daily living. Come transform your body and get all your "assets" feeling and looking like a rock star.

Core Power & Stretch: A fusion of finding those abdominal muscles, strengthening them, all the while using your whole body to feel leaner and longer to achieve core power which in return gives you better posture and stamina. Stretching the muscles will attempt to alleviate any soreness or discomfort.

Endurance Interval Training: Interval training is an excellent boredom buster! Whether you're jumping rope, doing squats, planks, or conditioning on the stability ball, your mind won't have time to wander! Your body will turn into a calorie burning machine. All fitness levels welcome.

Group Cycle: A great cardio workout from the beginner to the advanced. A high-energy class that uses RPM's to get the heart pumping. Go ahead and burn over 500 calories in 60 minutes!! Reservations required!!

Urban Drums: Instead of just listening to music, you actually BECOME THE MUSIC in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using lightly weighted drumsticks, Urban Drums transforms drumming into an incredibly effective way of working out. Urban Drums is designed for all fitness levels in that it provides the perfect atmosphere for letting loose, getting energized, toning up and rocking out! The workout is driven by music making it easy and fun for all ages and stages of life.

Pilates Mat: This class stretches and strengthens the entire dynamic core using controlled movements. Pilates is famous for promoting flexibility, strength, circulation, and skeletal alignment (posture).

Pump & Pilates: Get your pump (Weights & Cardio) and your stretch (Pilates) with this full body work out. The class is 30 min of Pump and 30 min of Pilates.

Silver Sneakers Classic: Silver Sneakers classic offers an innovative blend of physical activity, healthy lifestyle, and socially oriented programming that allows older adults to take greater control of their health. Incorporating weight segments and core strengthening. Fun and challenging for all.

Step Blast: BLAST OFF your workout with 60 minutes of cardio training that uses the Step in highly effective, athletic ways. Group Blast will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination and strength with exciting music and group energy in a step class.

Straight Up Step: Tone up your legs and get your heart pumping by moving up, over and around the step. Developed as a way to get a high intensity, yet low impact workout – this class will improve your coordination by learning choreographed routines that make the hour fly by!

Yoga: Learn how to de-stress and breathe while developing the mind-body connection. More than just physical postures, this transformational practice will relax your body, calm your mind, and strengthen your spirit from within.

Yoga Himalayan: This class focuses more on breath work, Kriya, (movements to create your evolution) Wisdom & Mantra (medicine for the mind). Classes are filled with wisdom & inspiration to assist you in loving your life. This class is structured around authentic Himalayan yoga teachings.

Line Dancing: Time to polish your boots and buckle. Join us for a heel clicking, thigh slapping and toe tapping good ol' time! Make sure to wear leather soled shoes or boots and your favorite cowgirl or cowboy duds, (or just jeans and a shirt). Get ready for a Rootin-Tootin fun time.

Zumba: Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away

Zumba Gold: This class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong in mastering Zumba® moves designed for active older adults or those looking for a low-impact workout. Benefits include cardiovascular health, muscular conditioning, flexibility and balance! A portion of this class will include a chair for seated exercises and standing support with light dumbbells to increase muscle strength, range of movement and improve activities of daily living.

Classes are subject to change. Schedules also available on website.

We currently accept the following Insurance Based Plans:

