

**Group X Contact:**

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

# LOGGERHEAD FITNESS GROUP X SCHEDULE

11/28/2022 (36)

**Club Hours:**

Mon-Thu – 5:00am to 9:00pm  
Friday – 5:00am to 8:00pm  
Sat & Sun – 7:00am to 6:00pm

	MON (5)	TUE (6)	WED (6)	THU (7)	FRI (5)	SAT (4)	SUN (3)
Morning	<p><b>Straight up Step</b> 8:00AM - 9:00AM Lori H.</p> <p><b>Group Cycle</b> 9:15AM - 10:15AM Guest Instructor</p> <p><b>Disco Sculpt</b> 10:30AM - 11:20AM Christine L.</p>	<p><b>Cycle Xpress</b> 7:00AM - 7:45AM Mike D. <b>(Starts 11/29)</b></p> <p><b>Cardio Sculpt</b> 8:00AM - 9:00AM Lori H.</p> <p><b>Core Booty</b> 9:15AM - 10:15AM Shaun H.</p> <p><b>Yoga (Int.)</b> 10:30AM - 11:45AM Nicole L.</p>	<p><b>Group Cycle</b> 8:00AM - 9:00AM Guest Instructor</p> <p><b>Urban Drums</b> 9:15AM - 10:15AM Christine L.</p> <p><b>Zumba</b> 10:30AM - 11:20AM Joanna C.</p> <p><b>Pilates Mat</b> 11:30AM - 12:30PM Rachel E.</p>	<p><b>Cycle Xpress</b> 7:00AM - 7:45AM Mike D. <b>(Starts 12/01)</b></p> <p><b>Barre Fight</b> 8:00AM - 9:00AM Shaun H.</p> <p><b>Core Booty</b> 9:15AM - 10:15AM Rachel E.</p> <p><b>Yoga (Int.)</b> 10:30AM - 11:30AM Elizabeth B.</p>	<p><b>Group Cycle</b> 9:00AM-10:00AM Guest Instructor</p> <p><b>Core Power &amp; Stretch</b> 10:15AM - 11:15AM Rachel E.</p> <p><b>Zumba Gold</b> 11:30AM -12:30PM Aylin R.</p>	<p><b>Group Cycle *</b> 8:00AM - 8:50AM Guest / CJ E.</p> <p><b>Cardio Pump/Step *</b> 9:05AM - 10:05AM Lori H. / CJ E.</p> <p><b>Yoga (Int.)</b> 10:15AM - 11:15AM Rita J. / CJ E.</p> <p><b>Zumba</b> 11:30AM - 12:30PM Nora L.</p>	<p><b>Yoga (Int.) *</b> 9:00AM - 10:00AM Rita J. / Melody K.</p> <p><b>Mat Pilates</b> 10:15AM - 11:15AM Ania D.</p> <p><b>Zumba</b> 11:30AM - 12:30PM Rita B.</p>
	Afternoon	<p><b>Barre/Sculpt</b> 11:30AM - 12:30PM Aylin R.</p> <p><b>Silver Sneakers Classic</b> 12:45PM - 1:45PM Christine L.</p>	<p><b>Zumba</b> 12:00PM - 12:50PM Janice V.</p> <p><b>Pre-Recorded Silver Sneakers</b> 1:00PM - 2:00PM</p>	<p><b>Silver Sneakers Cardio, Strength &amp; Stretch</b> 12:45PM - 1:45PM Jeannette R.</p>	<p><b>Zumba</b> 12:00 PM - 12:50PM Janice V.</p> <p><b>Pre-Recorded Silver Sneakers</b> 1:00PM - 2:00PM</p>	<p><b>Silver Sneakers Classic/Cardio</b> 12:45PM - 1:45PM Michael D.</p> <p><b>Yoga Gentle</b> 4:00PM - 5:15PM Nicoleta M.</p>	<p># Ask about <b>MYZONE</b>, our heartrate training platform. The world's first interchangeable heart rate monitor for the gym, outdoors or in water. Wearable three ways, switch between the chest, wrist and arm, depending on your choice of physical activity.</p>
Evening			<p><b>Pump &amp; Pilates</b> 5:30PM - 6:30PM CJ E.</p>	<p><b>Line Dancing</b> 6:30PM - 7:30PM Nicole L.</p>		<p><b>* Sat -</b> Alternating instructors every other week. Check Sub Schedule for current info.</p>	



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





# Group X Class Descriptions



**Barre Fight:** *This combo class will sculpt the entire body using kickboxing based cardio moves and barre-style toning exercises. Light weights, bands and isometric holds will challenge you to increase your endurance and positional awareness.*

**Barre/Sculpt:** *A hybrid workout combining elements of ballet, Pilates, and yoga to strengthen and lengthen your muscles. This class uses your body weight as resistance and challenges your core stability and balance, while using a barre or a chair, a set of 2-3lb weights, a Pilates Bender Ball and a yoga mat to work the entire body. Be prepared to use a variety of equipment. Modifications makes this class accessible and challenging for all fitness levels.*

**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:** *This fun and fast-paced, calorie-torching workout uses a combination of muscle conditioning exercises with high and low impact cardio intervals. Be prepared to use a variety of equipment to continually achieve results. Modifications makes this class accessible and challenging for all fitness levels.*

**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.*

**Disco Sculpt:** *We are bringing the 70's and 80's back with this fun, upbeat combo class combining Disco dance moves with body sculpting exercises to tone and firm your body! Plus, choreographed dancing improves your mental health!*

**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!!*

**Group Cycle Xpress:** *A great cardio workout from the beginner to the advanced. A high-energy – 45 min class.*

**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.*

**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!*

**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. The workout is driven by music making it easy and fun for all ages and stages of life.*

**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.*

We currently accept the following  
Insurance Based Plans:



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