


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

# LOGGERHEAD FITNESS GROUP X SCHEDULE

01/09/2023 (41)

**Club Hours:**  
 Mon-Thu – 5:00am to 9:00pm  
 Friday – 5:00am to 8:00pm  
 Sat & Sun – 7:00am to 6:00pm  
 www.loggerheadfitness.com

	MON (7)	TUE (7)	WED (6)	THU (8)	FRI (6)	SAT (4)	SUN (3)
Morning/Early Afternoon	<b>Straight up Step</b> 8:00AM – 9:00AM Lori H.	<b>Cycle Xpress</b> 7:00AM – 7:45AM Mike D.	<b>Group Cycle</b> 8:00AM – 9:00AM Diane B.	<b>Cycle Xpress</b> 7:00AM – 7:45AM Mike D.	<b>Group Cycle</b> 8:00AM – 9:00AM Diane B.	<b>Group Cycle *</b> 8:00AM – 8:50AM Diane B. / CJ E.	<b>Yoga (Int.) *</b> 9:00AM – 10:00AM Rita J. / Melody K.
	<b>Group Cycle</b> 9:15AM – 10:15AM Diane B.	<b>Cardio Sculpt</b> 8:00AM – 9:00AM Lori H.	<b>Body Sculpt</b> 9:15AM – 10:15AM Diane B.	<b>Floor Play</b> 8:00AM – 9:00AM Jen A.	<b>Body Sculpt</b> 9:15AM-10:10AM Jen A.	<b>H.I.I.T/Cardio Step *</b> 9:05AM – 10:05AM Donette / CJ E.	<b>Mat Pilates</b> 10:15AM – 11:15AM Ania D.
	<b>Disco Sculpt</b> 10:30AM – 11:20AM Christine L.	<b>Floor Play</b> 9:15AM – 10:15AM Jen A.	<b>Zumba</b> 10:30AM – 11:20AM Joanna C.	<b>Cardio Box</b> 9:15AM – 10:15AM Diane B.	<b>Mat Pilates</b> 10:15AM – 11:15AM Rachel E.	<b>Yoga (Int.)</b> 10:15AM – 11:15AM Rita J. / CJ E.	<b>Zumba</b> 11:30AM – 12:30PM Rita B.
	<b>Zumba Gold</b> 11:30AM – 12:30PM Aylin R.	<b>Yoga (Int.)</b> 10:30AM – 11:45AM Nicole L	<b>Yoga Gentle</b> 11:30AM – 12:30PM Jen A.	<b>Yoga (Int.)</b> 10:30AM – 11:30AM Elizabeth B.	<b>Urban Drums</b> 11:45AM – 12:45PM Christine L.	<b>Zumba</b> 11:30AM – 12:30PM Nora L.	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.
Afternoon	<b>Silver Sneakers Classic/Cardio</b> 1:00PM – 2:00PM Christine L.	<b>Pre-Recorded Silver Sneakers</b> 1:00PM – 2:00PM	<b>Silver Sneakers Classic/Cardio</b> 1:00PM – 2:00PM Fran I.	<b>Pre-Recorded Silver Sneakers</b> 1:00PM – 2:00PM	<b>Silver Sneakers Classic/Cardio</b> 1:00PM – 2:00PM Michael D.		
	<b>Yoga Gentle</b> 5:00PM – 6:00PM Jen A.	<b>Group Cycle</b> 6:00PM – 7:00PM Donette	<b>Pump &amp; Pilates</b> 5:30PM – 6:30PM CJ E.	<b>Group Cycle</b> 5:45PM – 6:35PM Donette	<b>Yoga Gentle</b> 4:00PM – 5:15PM Nicoleta M.	<b>* Sat –</b> Alternating instructors every other week. Check Sub Schedule for current info.	
Evening	<b>HIIT</b> 6:00PM – 7:00PM Donette			<b>Line Dancing</b> 6:45PM – 7:45PM Nicole L.			



901 Donald Ross Road, Juno Beach, FL 33408 Call or Text (561) 625-3011  
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# Group X Class Descriptions



**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.

**Body Sculpt:** A low impact all muscle workout using weights, bands, fitness balls and other fun toys. This class is designed to hit every muscle group from head to toe, including abs!

**Cardio Boxing:** A non-contact high energy class that combines intervals along with cardio boxing. Build stamina, improve coordination and flexibility, and burn more calories as you build lean muscle with this fun and challenging workout!

**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.

**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!

**Floor Play:** Get your mind out of the gutter! Floor Play is a no impact, core and body strengthening class using the stability ball. A full body workout using a mash up of body weight exercises, combined with key tools, such as Pilate balls, bands, and bar.

**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.

**H.I.I.T:** High Intensity Interval Training is a cardio and strength workout using dumbbells and various equipment. H.I.I.T involves repeated bouts of high intensity effort followed by lower intensity and recovery times.

**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.

**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.

**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.