

**Group X Contact:**


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

# LOGGERHEAD FITNESS GROUP X SCHEDULE

04/01/2024 (43)

**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 (7)	THU (8)	FRI (6)	SAT (4)	SUN (4)
Morning/Early Afternoon	<b>Straight up Step</b> 8:00AM - 9:00AM <i>Lori H.</i>	<b>Cycle Xpress</b> 7:00AM - 7:45AM <i>Mike D.</i>	<b>Cycle Xpress</b> 7:00AM - 7:45AM <i>Mike D.</i>	<b>Cycle Xpress</b> 7:00AM - 7:45AM <i>Mike D.</i>	<b>Group Cycle</b> 8:00AM - 9:00AM <i>Diane B.</i>	<b>Group Cycle</b> 8:00AM - 8:55AM <i>Mike H.</i>	<b>Yoga Gentle</b> 9:05AM - 10:05AM <i>Nicoleta M.</i>
	<b>Group Cycle</b> 9:15AM - 10:15AM <i>Diane B.</i>	<b>Cardio Sculpt</b> 8:00AM - 9:00AM <i>Lori H.</i>	<b>Group Cycle</b> 8:00AM - 9:00AM <i>Diane B.</i>	<b>Floor, Core &amp; More</b> 8:00AM - 9:00AM <i>Jen A.</i>	<b>Body Sculpt</b> 9:15AM-10:10AM <i>Jen A.</i>	<b>Cardio Step *</b> 9:05AM - 10:05AM <i>Lori H. / CJ E.</i>	<b>Mat Pilates</b> 10:15AM - 11:15AM <i>Ania D.</i>
	<b>Disco Sculpt</b> 10:30AM - 11:20AM <i>Christine L.</i>	<b>Barre/Pilates Fusion</b> 9:15AM - 10:15AM <i>Dale M.</i>	<b>Body Sculpt</b> 9:15AM - 10:15AM <i>Diane B.</i>	<b>Cardio Box</b> 9:15AM - 10:15AM <i>Diane B.</i>	<b>Mat Pilates</b> 10:15AM - 11:15AM <i>Rachel E.</i>	<b>Yoga (Int.) *</b> 10:15AM - 11:15AM <i>Rita J. / CJ E.</i>	<b>Zumba</b> 11:30AM - 12:30PM <i>Rita B.</i>
	<b>Urban Drums</b> 11:30AM - 12:30PM <i>Christine L.</i>	<b>Yoga (Int.)</b> 10:30AM - 11:45AM <i>Nicole L.</i>	<b>Yoga Gentle</b> 10:30AM - 11:30AM <i>Jen A.</i>	<b>Yoga (Int.)</b> 10:30AM - 11:30AM <i>Elizabeth B.</i>	<b>Zumba Gold</b> 11:30AM - 12:45PM <i>Aylin R.</i>	<b>Zumba</b> 11:30AM - 12:30PM <i>Nora L.</i>	<b>Meditation *</b> 1:00PM - 2:00PM <i>Etan B.</i> <i>*(Donation based class)</i>
Afternoon	<b>Silver Sneakers Classic/Cardio</b> 1:00PM - 2:00PM <i>Fran I.</i>	<b>Pre-Recorded Silver Sneakers</b> 1:00PM - 2:00PM	<b>Silver Sneakers Classic/Cardio</b> 1:00PM - 2:00PM <i>Fran I.</i>	<b>Pre-Recorded Silver Sneakers</b> 1:00PM - 2:00PM	<b>Silver Sneakers Classic/Cardio</b> 1:00PM - 2:00PM <i>Fran I.</i>	Ask about <b>MYZONE</b> , our heartrate training app. 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. 	
	<b>Yoga Gentle</b> 5:00PM - 6:00PM <i>Jen A.</i>	<b>Group Cycle</b> 6:00PM - 7:00PM <i>Donette</i>	<b>Pump &amp; Pilates</b> 5:30PM - 6:30PM <i>CJ E.</i>	<b>Group Cycle</b> 5:45PM - 6:35PM <i>Donette</i>	<b>Yoga Gentle</b> 4:00PM - 5:15PM <i>Nicoleta M.</i>		
Evening	<b>HIIT</b> 6:00PM - 7:00PM <i>Donette</i>			<b>Line Dancing</b> 6:45PM - 8:00PM <i>Nicole L.</i>			

\* Sat - Alternating instructors every other week. Check the Sub Schedule for current info.



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





# Group X Class Descriptions



**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!

**Barre/Pilates Fusion:** Transform your physique in our signature Barre/Pilates Fusion class. An effective workout combining our Pilates standing Barre work and our floor-based mat work. Join this challenging and dynamic workout where you'll gain strength, stamina, flexibility, and overall mind-body health. Equipment Used | Barre/Mat, Hand Weights, Magic Circle or Resistant Bands

**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.

**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!

**Floor, Core & More:** A full body workout using exercise bands, Pilate balls and mat exercises.

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

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

**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.

**Meditation:** Learn a simple, seated mindfulness technique that will help you to de-stress and experience calmness and clarity anytime.

**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.

**Stability Ball Challenge:** A full body core workout focused on body weight and using stability ball.

**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 are also available on website.