

Bay Colony Club

GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
		6:15 – 7:00am SPIN		
12:05 – 1:00pm SPIN		12:05 – 1:00pm BOOT CAMP		
6:15 – 7:15pm CARDIO KICKBOXING			6:15 – 7:15pm 3-2-1 BLASTOFF	

CLASSES MAY BE ADDED OR DELETED DEPENDING ON INTEREST AND PARTICIPATION.
MINIMUM ATTENDANCE OF 3 PEOPLE MAY BE REQUIRED.
SCHEDULE EFFECTIVE 11/28/11

CLASS DESCRIPTIONS

3-2-1 BLASTOFF: Burn fat and sculpt muscle with these three tone/aerobic/core cycles. Each cycle consists of 3 minutes of resistance training, 2 minutes of cardio and 1 minute of core exercises. Cycles are repeated several times. All levels welcome.

BOOT CAMP: This high intensity total body workout has minimal choreography with maximum fun. This class features a combination of calisthenics, military-style drills and muscular conditioning exercises.

CARDIO KICKBOXING: This class features kickboxing techniques choreographed in combinations with a primary focus on cardiovascular benefit. All levels welcome.

SPIN: A group stationary cycling class geared for all levels. You decide the intensity throughout the class by adjusting your resistance knob. First timers should arrive a few minutes early to learn how to adjust the bike.

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