

# GROUP EXERCISE CLASS SCHEDULE

Included with All Memberships

## MONDAY

**CARDIO KICK & ABS**  
8:30am - 45 min  
Danielle

**CHISEL'D**  
9:30am - 45min  
Amy M

**THERAPEUTIC YOGA**  
10:45am  
Jennifer

**GUT+BUTT**  
5:00pm - 45min  
Amy B

**ZUMBA**  
6:00pm  
Lorena

**YOGA**  
7:00pm  
Pauline

## TUESDAY

**LES MILLS BODYPUMP**  
5:45am  
Amy M

**LES MILLS BODYPUMP**  
8:15am  
Michele

**TABATA**  
9:30am  
Danielle

**YAH AEROBIC SCULPT**  
10:45am  
Lisa

**ARMS & ABS EXPRESS** ✦  
4:00pm - 30 min  
Danielle

**CARDIO KICK & ABS**  
4:30pm - 45 min  
Lynne

**PUMP TOTAL BODY**  
5:30pm - 45 min  
Lisa C

**BARRE PUMP**  
6:30pm  
Amy B

## WEDNESDAY

**CHISEL'D TABATA**  
8:30am - 45 min  
Danielle

**PILATES**  
9:30am  
Michele

**CHAIR ASSISTED YOGA**  
10:45am  
Jen S

**FIT FUSION**  
4:00pm - 45min  
Danielle

**CHISEL'D**  
5:00pm - 45min  
Amy B

**ZUMBA**  
6:00pm  
Lorena

**YOGA**  
7:00pm  
Jayne

## THURSDAY

**LES MILLS BODYPUMP**  
5:45am  
Amy M

**STEP & SCULPT**  
7:00am - 45 min  
Lynne

**LES MILLS BODYPUMP**  
8:15am  
Michele

**CHISEL'D**  
9:30am - 45 min  
Amy M

**YAH DANCE FITNESS**  
10:45am  
Jen S.

**CARDIO KICK & ABS**  
4:30pm - 45 min  
Lynne

**LES MILLS BODYPUMP**  
5:30pm  
Lisa G

## FRIDAY

**CHISEL'D**  
8:30am - 45min  
Madeleine

**TABATA MASHUP**  
9:30am  
Michele

**AB EXPRESS**  
10:30am - 30 min  
Danielle

**YAH SCULPT & BALANCE**  
11:00am  
Amy M

**TOTAL BODY CIRCUIT** ✦  
4:30pm  
Lorrie

## SATURDAY

**TOTAL BODY CIRCUIT** ✦  
7:00am  
Lorrie

**ZUMBA**  
8:30am  
Cassandra

**YOGA & PILATES FUSION**  
9:45am  
Melissa

**TABATA**  
11:00am  
Danielle / Jessica

## SUNDAY

**STEP**  
7:30am  
Amy B.

**CHISEL'D**  
8:45am - 45min  
Amy B.

**CHISEL'D**  
9:45am - 45min  
Amy B.

**CARDIO KICK & ABS**  
10:45am - 45 min  
Danielle / Lynne

Reservations can be made up to 48 hours in advance on the FREE Weymouth Club app.

We ask that members cancel 3 hours prior to the class or there will be a \$10 late cancellation no call/no show fee.

All classes are 55 minutes unless otherwise noted.

For class descriptions please contact our Group X Director, Jessica Montrond at [jmondtrond@weymouthclub.com](mailto:jmondtrond@weymouthclub.com) or (781) 682-5843

Schedules are subject to change\*

# CLASS DESCRIPTIONS

## AB EXPRESS (30min)

Come strengthen your core in this 1/2-hour blast class. Low Intensity- All levels/ages. This class will include twisting, crunches, planks, standing, and chair ab combinations.

## BARRE PUMP

This class will tone, lift, sculpt, and strengthen your total body. This class is a fusion of Chisel'D and Barre using bodyweight exercises as well as total body-weight strength routines. These two workouts combined will give you a total body workout great for all ages and levels.

## BODY PUMP

Body Pump is a fast-paced, barbell-based workout that's specifically designed to help you get lean, toned, and fit. It uses a combination of motivating music, fantastic instructors, and scientifically proven moves to help you achieve these targets more quickly than you would work out on your own.

## CARDIO KICK & ABS (45min)

Come join this high-intensity boxing class that will work your body head to toe. All ages and all levels welcome this bodyweight workout. Implementing core blast exercises in between quick boxing combos will surely get your heart pumping and keep you smiling as you work to the beat of the music.

## CHISEL'D (45min)

A challenging head-to-toe workout using a variety of equipment, focused on engaging core – upper body – lower body to maximize total body conditioning. All ages All Levels

## CHISEL'D TABATA (45min)

Get your heart pumping and your body jumping in this timed interval training workout. Short bursts of cardio/strength training exercises followed by a brief rest. The 20/10 method has you all out for 20 seconds with 10 seconds to recover to start over again. Sweat-Sculpt-Burn!

## FIT FUSION

All your favorite fitness styles in this 1-hour class. A blend of Barre, Pilates, and Strength training that will work you head to toe. Our instructor will inspire you through a high-energy, low-impact class workout to get your heart pumping and sweat flowing.

## GUT & BUTT (45min)

A class dedicated to toning your abs and glutes with targeted movements and cardio. The class will focus on core strengthening to build muscles, in addition, it will also target your quads and hamstrings.

## H.I.I.T. & CORE

A total-body interval training workout that incorporates cardio/plyometrics, strength, and core work, using a variety of equipment such as light dumbbells, bands, or body weight only and a mat.

## PUMP TOTAL BODY

is a challenging and dynamic whole body muscle conditioning class using dumbbells, bands, tubes, exercise balls, discs, & body bars as resistance tools. Exercises will be modified to accommodate all fitness levels. Be prepared to work all your muscles!

## PILATES

Mat-based Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. Classes will be taught using slow, controlled movements.

## STEP & SCULPT

Have fun in this aerobic strength training combo class. This interval workout will incorporate cardio step bursts using elevated platforms - followed by muscle conditioning combinations that will work your head to toe.

# CLASS DESCRIPTIONS

## STEP

Step aerobics is a classic cardio workout. It delivers results. The "step" is a 4-inch to 12-inch raised platform. You step up, around, and down from the platform in different patterns to boost your heart rate and breathing and strengthen your muscles.

## TABATA

Get your heart pumping and your body jumping in this timed interval training workout. Short bursts of cardio / strength training exercises followed by a brief rest. 20/10 method has you all out for 20 seconds with 10 seconds to recover to start over again. Sweat- Sculpt-Burn!

## TABATA PILATES MASHUP

Enjoy this interval training mashup class. You will work through TABATA timed circuit training in combination with low-impact Pilates to increase flexibility and muscular strength. Tone and stretch in this total body 55 minute workout.

## THERAPEUTIC YOGA

Classes focus on releasing tension, connecting with the breath and helping students gain strength and flexibility. Therapeutic yoga uses classical hatha postures with slight variations to accommodate all levels of yoga students. All floor bases. Great class for all ages and all levels.

## TOTAL BODY CIRCUIT

In this circuit training format, you will complete exercises one after another. Each exercise is performed for a specified amount of time before moving on to the next exercise/ station. All levels are welcome, and each station is organized with weights of all sizes. The exercises within each circuit are separated by brief timed rest intervals.

## YOGA

Improve your posture, balance, and coordination through breath control, relaxation, positive thinking and meditation aimed at developing harmony in the body, mind, and environment.

## YOGA & PILATES FUSION

This Yoga & Pilates flow will merge the healing mindfulness of Yoga with the stretch & strength of Pilates. Open to all ages and levels as we join each other on the mat.

## ZUMBA

Zumba is a Latin-inspired dance workout that is primarily an aerobic workout — and it's all about having fun. This dance workout — which looks and sounds more like a dance party — remains a popular go-to for fitness-minded folks around the world.

## YOUNG AT HEART AEROBIC SCULPT

Low impact – low intensity total body weighted workout. Using light weights/bands / stability balls to strengthen - tone- and condition in this guided 55-minute class. This class is geared toward our seniors.

## YOUNG AT HEART SCULPT & BALANCE

Low impact-low intensity total body weighted balance combo workout. Using light weights/bands/stability balls to strengthen, tone, and condition in this guided 55-minute class. Balance training involves doing exercises that strengthen the muscles that help keep you upright, including your legs and core. These kinds of exercises can improve stability and help prevent falls. This class is geared toward our seniors.

## YOUNG AT HEART CHAIR ASSISTED YOGA

Build strength and balance and improve flexibility with a combination of breath, posture, and movement. This beginner yoga class is good for those just starting their practice and prefer not to go to the floor. Please bring a yoga mat. A chair will be provided. This class is geared toward our seniors.

## YOUNG AT HEART DANCEFIT

class is a mixture of standing and seated choreography routines. Cardio, balance, mobility, flexibility, and strength training while you dance in this 55-minute class. All movements will be standing or with the assistance of a chair. Any age, any ability. No prior dance experience needed. This class is geared toward our seniors.