GROUP X STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POWER BARRE BOOTCAMP 6:00am *Kalina*	LesMills BODYPUMP 5:45am *Amy K*	TABATA 8:30am - 45min *Danielle*	LesMills BODYPUMP 5:45am *Amy K*	POWER BARRE BOOTCAMP 6:00am *Kalina*	TOTAL BODY CIRCUIT 7:00am *Lorrie*	STEP 7:30am *Amy B*
CARDIO KICK & ABS 8:30am - 45min Lynne	FIT FUSION 6:45am - 45min *Lynne*	MAT PILATES 9:30am *Michele*	FIT FUSION 6:45am - 45min *Lynne*	CHISEL'D 8:30am - 45min *Danielle*	TABATA 8:00am *Danielle*	CHISEL'D 8:45am - 45min *Amy B*
CHISEL'D 9:30am - 45min *Amy K*	LesMills BODYPUMP 8:15am *Michele*	ADVANCED CHAIR YOGA 10:45am *Jen S*	LesMills BODYPUMP 8:15am *Michele*	TABATA 9:30am *Michele*	ZUMBA 9:00am *Esta & Nick*	CHISEL'D 9:45am - 45min *Amy B*
THERAPEUTIC YOGA 10:45am *Jennifer*	TABATA 9:30am *Danielle*	CHAIR YOGA 12:00pm *Jen S*	CHISEL'D 9:30am - 45min *Amy K*	YAH: SCULPT & BALANCE 11:00am *Amy K*	YOGILATES 10:00am *Esta*	CARDIO KICK & ABS 10:45am - 45min *Danielle*
FIT FUSION 12:00pm - 45min *Jessica*	YAH: SCULPT & BALANCE 10:45am *Lisa*	FIT FUSION 4:00pm - 45min *Jen S*	YAH: CARDIO SCULPT 10:45am *Amy K*		LesMills BODYPUMP 11:00am *Kara*	
LesMills BODYPUMP 4:00pm *Kara*	CHISEL'D EXPRESS 4:00pm - 30min *Jessica*	CHISEL'D 5:00pm - 45min *Amy B*	CHISEL'D EXPRESS 4:00pm - 30min *Jessica*			
CHISEL'D 5:00pm - 45min *Lynne*	FIT FUSION 4:30pm - 45min *Jessica*	ZUMBA 6:00pm *Lorena*	FIT FUSION 4:30pm - 45min *Jessica*			
ZUMBA 6:00pm *Lorena*	PUMP TOTAL BODY 5:30pm - 45min *Lisa C*	GX YOGA 7:00pm Jayne	LesMills BODYPUMP 5:30pm *Lisa G*			
GX YOGA 7:00pm *Pauline*	BARRE PUMP 6:30pm *Amy B*					

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

We ask that members cancel 2 hours prior to the class or there will be a $5 late cancellation fee and a $15 no call/no show fee.

All classes are 55 minutes unless otherwise noted.

For class descriptions, please contact Group X Director, Jessica Montrond at jmondtrond@weymouthclub.com

Effective 10/12/26.

Schedules are subject to change

GROUP X CLASS DESCRIPTIONS

AB EXPRESS (30min)
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 and total-body weight strength routines. These two workouts combined will give you a total body workout, great for all ages and levels.

BODYPUMP
Bodypump is a total body strength workout that combines elements of resistance training and cardio. It is scientifically designed to help participants achieve their fitness goals while providing a motivating and energetic environment. The workout is based on a concept known as "The Rep Effect," which emphasizes performing a high number of repetitions with lighter weights to build lean muscle and improve overall fitness.

CARDIO KICK & ABS (45min)
Come join this high-intensity boxing class that will work your body from 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.

CHAIR YOGA
A strong chair yoga class focusing on strength building, balance, flexibility, and functional movements. Movements seated in the chair, standing yoga flow, and standing balance with a chair for support. No on the floor movements. Recommend prior yoga knowledge or several sessions of Beginner Chair yoga.

CHISEL'D (45min) & CHISEL'D EXPRESS (30min)
A challenging head-to-toe workout using a variety of equipment, focused on engaging core, upper body, and 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 class. A blend of Barre, Pilates, and Strength training that will work you from 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.

POWER BARRE BOOTCAMP
Join us for an invigorating Barre class that combines the best of ballet, Pilates, and yoga to create a full-body workout designed to sculpt, tone, and strengthen your muscles. Using a ballet barre for stability, this class focuses on high-repetition, low-impact movements that target key areas such as the core, arms, legs, and glutes.

PUMP TOTAL BODY
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 on all your muscles!

GROUP X CLASS DESCRIPTIONS

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

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.

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.

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. The 20/10 method has you all out for 20 seconds with 10 seconds to recover to start over again. Sweat- Sculpt-Burn!

TABATA 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-based. **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.

YOGILATES
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
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.

GROUP X CLASS DESCRIPTIONS– YAH

Young at Heart classes are designed specifically for our senior members, but all are welcome.

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. 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 - CARDIO SCULPT
This class combines cardio and gentle strength training to enhance fitness and well-being. Low-impact aerobic exercises boost cardiovascular health and improve endurance in a fun, supportive environment. Led by experienced instructors, the class is ***designed for active seniors.***