

# Group Exercise Schedule

14175 Sullyfield Circle Chantilly, Va. 20151

[www.thewomens-club.com](http://www.thewomens-club.com)

703-817-0700

## Begins July, 5th

	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>	<i>SUNDAY</i>
6:00	☉ Cardio & Core 6:00-7:00	Cycle 6:00-7:00	☉ Body Shaping 6:00-6:45		Cycle 6:00-6:50		
6:45			☉ All Abs 6:45-7:00				
8:30	☉ Body Shaping 8:30-9:15	Zumba! 8:30-9:30	Cardio Step 8:30-9:15	Cycle 8:30-9:20	☉ Mat Pilates 8:30-9:30	Cycle 8:30-9:20	
9:00	☉ All Abs 9:15-9:30		☉ All Abs 9:15-9:30			Zumba! 9:00-10:00	Cycle 9:00 – 9:55
9:30	Cardio Step 9:30-10:30	☉ Cardio & Core 9:30-10:30	☉ Yoga 9:30-10:45	On the Ball 9:30-10:30	Zumba! 9:30-10:30		
9:35	Cycle 9:35-10:30				Cycle 9:35-10:30		
10:00						☉ Body Shaping 10:00-10:45	Zumba! 10:00-11:00
10:30	☉ Body Shaping 10:30 – 11:15	☉ Mat Pilates 10:30-11:30			☉ Body Shaping 10:30 – 11:15	☉ All Abs 10:45-11:00	
11:15	☉ All Abs 11:15-11:30		<b>Kid's Fit Class 11:00-11:30</b>	<b>Kid's Fit Class 11:00-11:30</b>	☉ All Abs 11:15-11:30	☉ Mat Pilates 11:00-12:00	
11:30	<b>Kid's Fit Class 3:30-4:00 (ages 6 up)</b>					<b><u>Yoga Workshop</u></b> <b>Advanced Yoga</b> <b>Sat, July 10</b> <b>12:15 – 1:45</b>	-
4:30	☉ Cardio Circuit 4:30-5:15	Cycle 4:30 – 5:30	☉ Body Shaping 4:30-5:15	Cycle 4:30 – 5:20			
5:15	☉ All Abs 5:15 5:30		☉ All Abs 5:15 5:30				
5:30	☉ Yoga 5:30-6:30	Kickboxing 5:30-6:15	Step and Sculpt 5:30-6:30	☉ Body Shaping 5:30-6:15			
6:00	Cycle 6:00 – 6:50				☉For all levels <b><u>Club Hours</u></b> <b>Mon-Fri 5:30am-9:30pm</b> <b>Sat 8:00am-6:00pm</b> <b>Sun 8:00am-5:00pm</b>		
6:15		☉ All Abs 6:15-6:30	☉ All Abs 6:15-6:30	☉ All Abs 6:15-6:30			
6:30	Zumba! 6:30-7:30		☉ Mat Pilates 6:30-7:30	Zumba! 6:30-7:30	<b><u>Kid's Club Hours</u></b> <b>Mon-Fri 8:15-8:30pm</b> <b>Sat 8:15-2:00pm</b> <b>Sun 9:00am-12:30pm</b>		
7:00		Fitness Yoga 7:00-8:00					

Register at the Front Desk

## **CARDIO CLASSES**

**ZUMBA!** - Shake your hips and burn unwanted calories to a fusion of Latin and International music-dance themes. This class creates a dynamic and effective fitness system that allows you to have more fun than you thought possible. For all levels.

**STEP AND SCULPT-** The goal is to raise your heart rate and burn body fat by combining cardio and strength training in an interval style workout. Great class for all fitness levels.

**CARDIO & CORE** – Join us for a fusion of fat burning cardio, core challenging and strength training that will deliver full body results for all over fitness. For all levels

**CARDIO STEP** - A classic aerobic workout using the step for the intermediate to advanced stepper. For all levels.

**CARDIO CIRCUIT-** All things cardio! Raise your heart rate, burn fat with a variety of both high and low impact cardio moves. For all fitness levels.

**CYCLE** - Reach new heights in fitness with this intense indoor cycling regime that simulates outdoor cycling with the use of music. All classes are held in the Cycle Studio. Please arrive 10 min early and notify the instructor if you are new to this class.

**ON THE BALL** – Join us for this creative fusion of cardio, strength core training, balance and flexibility training using the giant stability ball.

## **STRENGTH CLASSES**

**BODYSHAPING-** Bump up your intensity, rev up your metabolism and condition your body from head to toe. This intense muscle conditioning class focuses on actually changing the shape of your body to a tight and toned turbo charged machine with the use of barbells and dumbbells. For all levels.

**ON THE BALL** – Join us for this creative fusion of cardio, strength core training, balance and flexibility training using the giant stability ball.

**ALL ABS** - A quick 15 minutes of total abdominal work to sculpt and improve your posture. For all levels.

**CARDIO & CORE** – Join us for a fusion of fat burning cardio, core challenging and strength training that will deliver full body results for all over fitness. For all levels

**STEP & SCULPT-** The goal is to raise your heart rate and burn body fat by combining cardio and strength training in an interval style workout. Great class for all fitness levels.

## **MIND BODY CLASSES**

**YOGA-** Improve flexibility, increase circulation and body awareness with this class. Ideal for any fitness level, our hatha-based all level yoga is the perfect addition to any exercise program.

**MAT PILATES** – Based on the techniques developed by Joseph Pilates, this class enhances flexibility, muscular strength, balance and posture with a special emphasis on the abdominal, low back and hip muscles.

**Bring a friend to class! Guest passes available at the front desk!**

**For your safety....do not enter a class more than 5 minutes late.  
Please silence your cell phones during class. Cell phone use is only permitted in the lobby.**

*Thank you* 😊