



# PEABODY

216 Newbury St. Peabody, MA 01960  
Phone: 978-530-4242

## Group Exercise Schedule

Questions, Comments, or Concerns?  
Email: Peabody@wowgyms.com

**6/01/19**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30AM - 6:25AM Body  Chisel <i>Tonia Costa</i>	5:30AM - 6:25AM Interval  Circuits <i>Tonia Costa</i>	5:30AM - 6:25AM  HIIT The Step  <i>Heather Saxe</i>		8:30AM - 9:25AM Studio Cycle &  Tone <i>Diane Klapman</i>	
8:30AM - 9:25AM Studio  Cycle <i>Lyn Clark</i>	8:30AM - 9:25AM  Barre  <i>Heather Saxe</i>	8:30AM - 9:25AM  Studio Cycle  <i>Michelle Zelikman</i>	8:30AM - 9:25AM  CYCLONE  <i>Paula Rayworth</i>	9:00AM - 9:55AM  Time To Shred  <i>Martina Doucette</i>	9:30AM - 10:25AM  Zumba®  <i>Shannon Chretien</i>	8:30AM - 9:25AM  Kettlebell  Body <i>Mike Palmer</i>
9:30AM - 10:25AM Body  Chisel <i>Lyn Clark</i>	9:30AM - 10:25AM Pure Strength  & Cardio <i>Heather Saxe</i>	9:30AM - 10:25AM  H.E.A.T  <i>Michelle Zelikman</i>				
Class Descriptions available on reverse side We strongly encourage members to cross-train and take a variety of classes for the best results <i>Please note: Classes and instructors subject to change</i>					Did you know most health insurance companies will reimburse your gym membership fees?	
5:30PM - 6:25PM  H.E.A.T  <i>Christine Parshley</i>	5:30PM - 6:25PM Studio  Cycle  <i>Martina Doucette</i>	5:30PM-6:25PM  HIIT The Step  <i>Heather Saxe</i>		Have you scheduled your FREE assessment with our personal trainers yet? Book Today to get results even faster!	Like us on Facebook <a href="https://www.facebook.com/WOWPeabody">Facebook.com/WOWPeabody</a> <b>Health Club Hours</b> OPEN 24 Hours 7 Days/Week  <b>Babysitting Hours</b> Monday - Friday 8:30AM - 12:00PM 4:30PM - 8:30PM Weekends 8:30AM - 12:00PM	
6:30PM - 7:25PM Kickbox®  Explosion <i>Jen Lombardi</i>	6:30PM - 7:25PM  Time To Shred  <i>Martina Doucette</i>	6:30PM - 7:25PM  Barre  <i>Heather Saxe</i>	6:30PM - 7:25PM Kickbox  Explosion <i>Jen Lombardi</i>			
7:30PM - 8:25PM  Zumba  Nicole Boudreault	7:30PM - 8:25PM  Zumba®  <i>Shannon Chretien</i>		7:30PM - 8:25PM  Zumba®  <i>Nicole Boudreault</i>			
<b>FALL INTO FITNESS!</b> WITH OUR GROUP EXERCISE CLASSES AND PERSONAL TRAINING						



## FEATURED CLASS

**Pure Strength & Cardio with Heater Saxe** Featured Classes are Free gold members, platinum members, and platinum members guests. Featured Classes subject to change due to popularity and availability



Classes close 15 minutes after class begins.  
Please have your scan card available when signing in for class at the Front Desk.  
You will receive a class token to hand to your instructor for entry.

### **Time to Shred**

This class combines cardio, strength training, and body weights work using different styles of timing work. Work at your own level while increasing your strength and endurance.

### **Pure Strength and Cardio**

A serious weight training workout that will help you build strength, add definition, increase bone density, and decrease body fat, with some cardio in between. No muscle gets neglected!

### **H.E.A.T ( high energy athletic training)**

This class is a high intensity workout which incorporates cardio, plyometric, as well as strength training. Individuals work through timed events at their own pace so the class can absolutely be tailored to all fitness levels. HIIT workouts such as this allow the body to continue burning calories throughout the day!! Give it a try

### **CYCLONE**

High intensity interval training involving a bike, weighted exercises, as well as body weight movements. You will keep your heart rate up as you cycle through 4 mins on the bike followed by 6 mins of floor activity.. Please wear regular sneakers for this class and be prepared to sweat!!

### **HIIT THE STEP**

#### **(High, Intensity, Interval, Training, STEP)**

An upbeat class mixing cardio and muscle conditioning and easy to follow movement, this class is meant for all levels of fitness with modification.

**BARRE-** if Based classes use a combination of postures inspired by ballet and other disciplines like yoga and Pilates. The barre is used as a prop

to balance while doing exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of-motion movements. “Don’t be surprised your class incorporates light handheld weights to bring the burn during all those reps, as well as mats for targeted core

### **KICKBOX EXPLOSION-**

This is a high energy, moderate to high impact cardio conditioning workout, using authentic martial arts and boxing moves. This workout melts away body fat and builds a lean defined look. Last section of Kick class includes highly effective core conditioning exercises that will get you shredded! Kick, punch and strike your way to superior cardio fitness!

**TABATA TRAINING-** One of the most popular forms of high intensity interval training. This consists of eight rounds or ultra-intensity exercises in specific 20 seconds on, 10 seconds off intervals. Get in quick shape with this dynamic workout!

### **STUDIO CYCLE**

This ride provides the outdoor experience indoors. Your instructor will guide you through various types of terrains, utilizing gear and speed levels, all set to motivating music, and visualization cues. Total cardio workout that torches calories and burns fat. Studio cycle and tone

### **BODY CHIESEL**

A Complete Full body strength training workout that creates lean muscle mass and burns body fat. 100 percent pure strength conditioning

only. Lean muscle mass increases your metabolism, which is the rate at which you burn fat!! No cardio, only pure strength. All levels will enjoy this class.

### **INTERVAL CIRCUIT-**

A mixture of functional strength, body weight exercises and cardio drills and exercises will push you outside your comfort zone. Excellent, doable challenge, Result driven body

### **ZUMBA® (All levels)**

Zumba Fitness® is a Latin-inspired dance fitness program that blends red-hot international music and contagious dance steps to form a “fitness-party” atmosphere that is fun and addicting workout.

### **KETTLEBELL BODY-**

Cardio drills and cast iron bells are combined to burn fat, build muscle, and increase your cardio capacity. Kettlebells are used to develop strength with flexibility for maximum fat burning and muscular endurance to allow for maximum results in shorter time.

### **STUDIO CYCLE and TONE-**

Step into the best of both worlds! This class fuses timed patterns of high repetition strength training with upbeat cardio CYCLE drills and skills. A great full-body workout that will leave you dripping and wanting more! No experience is required!