

Class Descriptions

Effective January 2, 2017

Marathon Energy Club

Phone: 713-296-1825

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Group Fitness Schedule

Cardio

Cycle (45 minutes)

An indoor cycling class that combines jumps, intervals, hills & sprints to promote total body & aerobic fitness. Cycle is a group cycling class set to music & performed on spin bikes.

Gear Up (45 minutes)

Gear up for this cycling experience set to music, combining jumps, intervals, hills and sprints to promote total body and aerobic fitness.

Zumba® (45 minutes)

This class has short, high intensity dance intervals combined with active recovery designed to train the body for improved performance.

Combined Conditioning

30/60/90 (50 minutes)

Interval training that combines 30, 60, and 90-second bursts of intense drills with short intervals of strength building moves to create a workout that shifts the metabolism into overdrive! Burn tons of calories while increasing muscle tone and endurance.

Boot Camp (45 minutes)

Similar to circuit or interval training, this total body workout will keep your heart pumping! A variety of strength equipment will be used to strengthen & tone your muscles.

CIZE® LIVE (45 minutes)

A dance class for EVERYONE! You'll be learning professionally choreographed dance routines with moves you can take anywhere.

Fitness Fusion/Total Body/Basic Training (45 minutes)

Tone & sculpt your body from head to toe! You'll perform basic strength training movements in a heart-pumping interval or circuit style.

INSANITY® LIVE (50 minutes)

INSANITY® uses MAX Interval Training which replaces traditional moderate-intensity exercise with maximum-intensity exercise, and trades short intervals of intensity for short periods of rest.

KO Punch (45 minutes)

Build stronger and more defined arms with sparring jabs and power punches. You will learn the proper execution of the punch combinations for a more intense workout that can help you become stronger and more confident.

Tabata Training (45 minutes)

Take your training to the next level with this dynamic conditioning experience! 20-second bouts of high intensity exercise followed by 10 seconds of rest. Repeat eight times for a total of four minutes to create a class full of challenging intervals.

Muscle Conditioning

Express Abs (15 minutes)

A class packed with plenty of moves to strengthen your abs, back, and trunk.

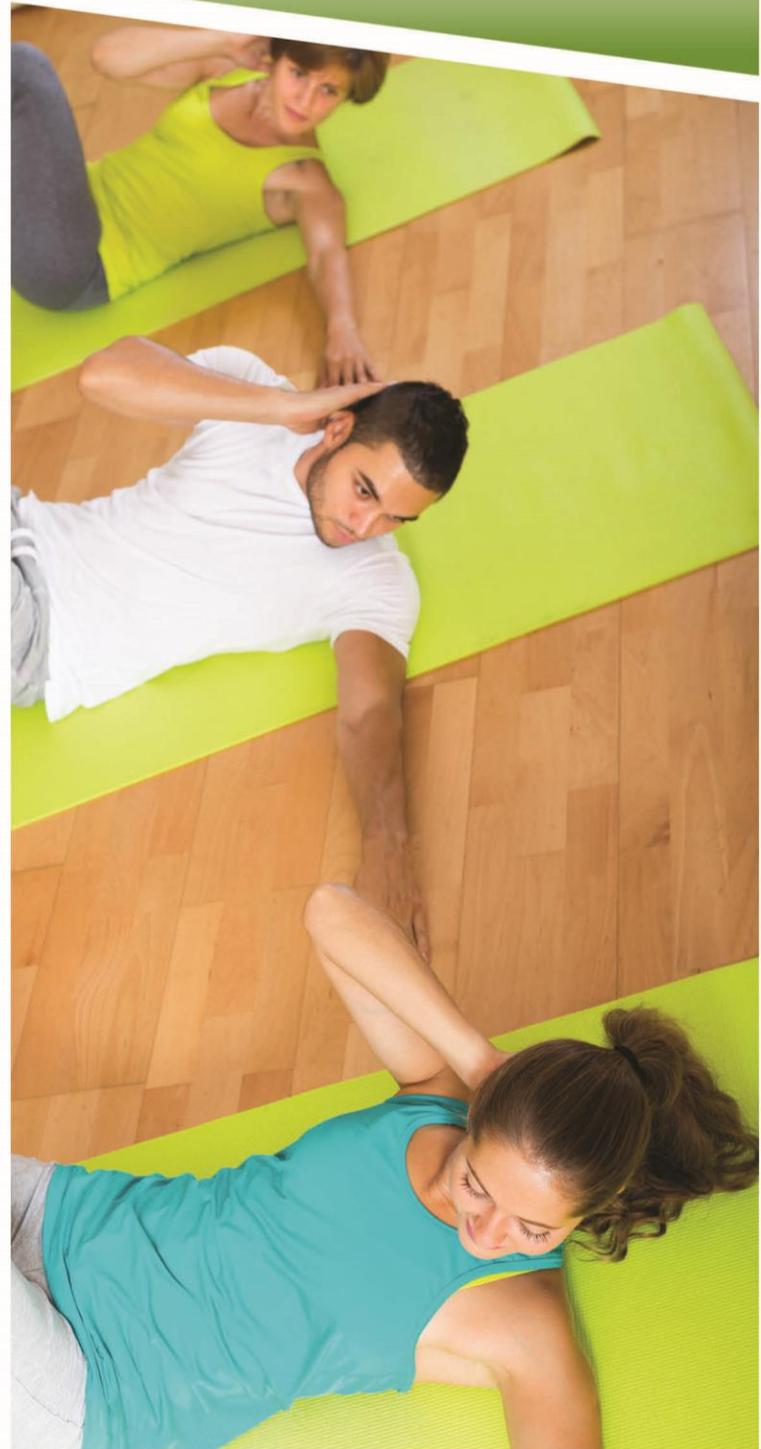
Mind and Body

Vinyasa Yoga (45 minutes)

This class begins with stretching and works through a series of movements, matching breath to movement. Elements of flexibility, strength, and balance are incorporated into every class.

Yoga (45 minutes)

This class features the ancient practice of yoga. A series of postures to increase flexibility, energy & stillness of mind.



MARATHON

ENERGY CLUB 

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Monday	Tuesday	Wednesday	Thursday	Friday
5:30 - 6:15 am Basic Training Joseph	5:45 - 6:30 am Cycle Pat	5:30 - 6:15 am Basic Training Leslie	5:45 - 6:30 am Cycle Fernanda	
11:00 - 11:50 am 30/60/90 Chariesse	11:00 - 11:45 am Fitness Fusion Brittany	11:00 - 11:45 am KO Punch Brittany	11:00 - 11:45 am Tabata Training Brittany	11:00 - 11:45 am Boot Camp Leslie
11:15 - 12:00 pm Gear Up Joseph	11:15 - 12:00 pm Cycle Shona	11:15 - 12:00 pm Cycle Shona	11:15 - 12:00 pm Cycle Shona	12:00 - 12:45 pm Cycle Shona
12:00 - 12:45 pm Boot Camp Leslie	11:45 - 12:00 pm Express Abs	12:00 - 12:50 pm INSANITY® LIVE Joseph	11:45 - 12:00 pm Express Abs	12:15 - 1:00 pm Vinyasa Yoga Alex
	4:30 - 5:15 pm Zumba® Natalia	5:15 - 6:00 pm CIZE® LIVE Joseph		
	5:20 - 6:20 pm Yoga Natalia			

Group Exercise Guidelines

- Classes and instructors are subject to change without notice.
- Classes are co-ed and offered on a first-come, first-served basis.
- Fitness center membership is required to participate in classes.
- If you are pregnant, have other medical changes that may affect your workout, or if it is your first time in class, please inform the instructor.
- Be considerate of other members' exercise space.
- Reserving places is not permitted.
- Please arrive on time. For safety, no one will be permitted to enter class after the warm-up.
- Proper footwear is required.
- Please return all equipment to its proper storage area.
- If you must exit class early, please notify the instructor to let them know you are OK.
- Always work at your own pace, and HAVE FUN!