

***Group Exercise Schedule***  
**14175 Sullyfield Circle Chantilly, Va. 20151**  
[www.thewomens-club.com](http://www.thewomens-club.com)  
**703-817-0700**  
**Effective November 1, 2018**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
Interval Express 7:30-8:15	Cycle 6:00-6:50		Interval Express 7:30-8:15	Cycle 6:00-6:50		
☺ Body Shaping 8:30-9:25	Interval Express 8:30-9:15	Cardio Interval 8:30-9:25	☺ Barre Sculpt 8:30-9:25	☺ Mat Pilates 8:30-9:25	Cycle 8:30-9:20	
				Cycle 9:30-10:20	☺ Zumba! 9:00-9:55	Cycle 9:00 – 9:50
Circuit Challenge 9:30-10:25	Cardio Kickboxing 9:30-10:15	☺ Fitness Yoga 9:30-10:25	☺ Club Cardio 9:30-10:25	☺ Zumba! 9:30-10:25	Cycle Interval Challenge 9:30-10:20	☺ Body Shaping 9:00-9:55
Cycle 9:35-10:25	☺ All Abs 10:15-10:25				☺ Barre Sculpt 10:00-11:00	Yoga and Meditation 10:00 – 11:15
☺ Pilates Barre 10:30-11:30	☺ Mat Pilates 10:30-11:30	☺ Body Shaping 10:30-11:30	☺ Hatha Yoga 10:30-11:30	☺ Body Shaping 10:30 – 11:25		
<b>Kid's Fit Class</b> 11:30-12:00				<b>Kid's Fit Class</b> <del>11:30-12:00</del>		
☺ Slow Flow Yoga 12:00-1:00	☺ PrimeTime Fitness 12:00 – 12:45	☺ Long and Lean 12:00-1:00	☺ PrimeTime Fitness 12:00 – 12:45	☺ Gentle Yoga 12:00 – 1:00	<p style="text-align: center;"><b><u>Club Hours</u></b>            Mon – Fri 5:30 am – 9:30 pm            Sat 8:00am – 6:00pm            Sun 8:00 – 5:00pm</p> <p style="text-align: center;"><b><u>Kid's Club Hours</u></b>            Mon – Fri 8:15am – 8:30pm            Sat 8:15 – 2:00pm            Sun 9:00am – 12:30pm</p> <p>☺ Indicates classes suitable for all fitness levels</p>	
	Unwind 12:45- 1:00		Unwind 12:45- 1:00			
☺ BodyShaping 4:30 – 5:25	☺ All Levels Yoga 4:30-5:25	Kickboxing Circuit 4:30-5:25	Kid's Fit Class (Older Kids) 4:15-5:15			
Kid's Fit Class (Older Kids) 4:15-5:15						
☺ Hatha Yoga 5:30-6:25	☺ Zumba 5:30 – 6:25	☺ BodyShaping 5:30-6:25	Kickboxing 5:30 – 6:25	Total Body Conditioning 5:00-5:55		
Cycle 6:00 – 6:50		Cycle 6:00 – 6:50	Cycle 5:30-6:20	☺ Zumba! 6:00 – 7:00	<p style="text-align: center;"><b><u>CLASS ETIQUETTE</u></b></p> <p>Cellphones restricted to lobby.</p> <p>Classes can be cancelled due to low attendance.</p>	
☺ Zumba! 6:30-7:25	☺ Body Shaping 6:30- 7:30	☺ Zumba! 6:30-7:30	☺ Zumba! 6:30-7:25			

©Pilates 7:30-8:30			Ballet Burn 7:30 – 8:30		Do not enter a class more than 5 minutes late.  New cycle participants should arrive 10 minutes early for correct bike setup
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**CARDIO INTERVAL-** This high energy class combines segments of cardiovascular training with functional strength training for a balanced total body workout. For all 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.

**CYCLE INTERVAL CHALLENGE-** Challenge your body with high intensity intervals on the bike. This intermediate to advanced class uses cycling drills to take your workout to the next level. Class meets in the cycle studio.

**CARDIO KICKBOXING-** Kick and punch your way to a leaner, stronger, more fit body with this intense heart pumping cardiovascular workout. Both low and high impact options offered.

**KICKBOXING CIRCUIT-** This class combines cardio kickboxing with sports conditioning and strength moves for a super charged total body workout.

**ZUMBA!**- The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, fun.

**PRIMETIME FITNESS-** Whether you are generally healthy, are managing an illness, new to exercise or simply beginning to notice the affects of time, there are big and small ways to get more active. This class will help you work on a well rounded fitness program; cardiovascular endurance, muscular strength, flexibility and balance while learning to safely work within your limitations and actually enjoy exercising.

**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.

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

**CLUB CARDIO-** If you love to dance, this class is for you! This energetic and easy-to-follow class offers intensity options and modifications making it perfect for all levels. The emphasis is on providing a fun and effective workout for everyone, even if you think you have two left feet. You are sure to break a sweat with a smile, Unleash your inner diva and have a blast...come get your groove on with us!

**CIRCUIT CHALLENGE-** Get ready for a fast paced total body workout! Participants will move through various cardiovascular and strength training stations for a fun, heart pounding total body blast. This high intensity workout will reshape your body head to toe!

**INTERVAL EXPRESS-** This 45 minute express workout will get you strong and toned while torching calories. Using timed intervals this class combines strength training and cardiovascular conditioning for maximum results in a minimum amount of time.

**TOTAL BODY CONDITIONING-** This fast paced workout offers a great total body workout while burning calories at the same time. Total body strength training moves paired with athletic cardio will tone your body and challenge your endurance.

## MIND BODY CLASSES

**ALL LEVELS YOGA-** This practice will help develop strength, flexibility and balance offering options and modifications for all levels.

**SLOW FLOW YOGA-** This slower paced practice links breath with movement to increase range of motion, flexibility and balance while decreasing stress.

**HATHA YOGA-** This yoga class is based on physical poses linked with breathing techniques that provide a platform for increasing physical abilities of strength, flexibility and balance.

**GENTLE YOGA-** This yoga class is less strenuous and moves at a slower pace and offers help with balance, flexibility and mobility of the joints.

**FITNESS YOGA-** Looking at stepping up your yoga practice? Work flowing poses that builds strength and stamina due to a more vigorous, athletic approach.

**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.

**UNWIND-** This 15-minute class dedicated to unfurling those tight muscles will increase and enhance blood circulation, range of motion, relaxation and tension relief and decrease your risk of injury. The class teaches you several different ways of stretching so that you will leave feeling refreshed and rejuvenated.

**PILATES BARRE-** This unique class combines the benefits of a ballet inspired barre workout and pilates. This total body workout will invigorate you while strengthening and toning the entire lower body and core.

**LONG AND LEAN-**This gentle approach to strengthening and stretching combines the principles of Pilates with stretching and flexibility work to create long, lean muscles. This class is perfect for those newer to Pilates or anyone looking for a fun new way to stretch, tone, and relax.

**BARRE SCULPT-** Set to fun energetic music, Barre Sculpt combines the disciplines of core and strength conditioning, Pilates, Yoga and ballet. Barre Sculpt classes will give you great results by lengthening and sculpting beautiful muscles. Each class incorporates strength training, isometric holds and deep stretches to develop those shapely lines. Perfect for every fitness level, modifications and adjustments are made to challenge everyone safely.

**BALLET BURN-** Using the principles of classical ballet this class will tone and tighten every muscle while also providing a heart pumping, intense, workout