

BOOST FitClub

groupfit | description of classes

BOOST XPRESS - DESIGNED TO GIVE YOU A 1 HOUR WORKOUT IN 30 MINUTES. COME WARM AND READY TO MOVE!

UBX (Upper Body Express) - Strength training targeting your entire upper body.

L.A.B. XPRESS (Legs. Abs. Butt) - Strength training targeting your waist down.

ZUMBA XPRESS - A fun way to burn those calories! Dance your way to a fitter you! This is an exciting class that uses Latin influenced moves and rhythms

ADRENALINE XPRESS - Interval training designed to maximize your ability to burn calories.

TREADMILL TRAXSTAR - A 30 minute Treadmill workout led by our coaching staff. No two classes are the same. Be 15 minutes early to warm up! Due to limited space, sign up required!

AB LAB 15 - This is a 15 minute non-stop class that targets your entire core using new and advanced techniques.

Kick BoXpress - All the fun in martial arts teamed with high intervals and high energy!

YOGA - Available to all levels of yoga enthusiasts. A workout that emphasizes muscle lengthening through well –guided posing. Breathing techniques are used to provide relaxation and clarity.

SPINNING - Indoor cycling on spin bikes create an experience of outdoor terrain. Through the sequence of drills designed to hit all levels of cycling skills. All levels can work in the same class setting.

SPIN CAMP - Ride like the wind while toning up your muscles. This is a full body strength workout combined with Spinning.

TURBO KICK - An intense workout of choreographed kick-boxing drills with upbeat music. This class is designed for the kick boxer that wants a more challenging experience. Great fun!

COMBUST IT - Come bust it with high intensity intervals and moderate resistance training to maximize caloric expenditure, boost metabolism and burn fat! Sign up required.

PILATES MAT CLASS - Transform the way your body looks, feels and performs. Increase your strength without excess bulk creating a sleek, toned body. Improves flexibility, agility and economy of motion. All levels welcome!

The Instructors

Our instructors are certified by one or more leading certification programs. To stay current with fitness trends, they attend many training programs, including workshops, seminars and conventions. Our groupFit staff includes professionals from many different disciplines, including Turbo Kick, Zumba, Yoga, Pilates®, and Spinning®.

How to Start New Classes

We need your specific input to bring you the programming you desire. In the past, however, we have started some new classes at individual request only to have them remain empty or be rarely attended. Talk to Jon Sexton if you have any particular questions about this. He can be reached at 662-8989.

BOOST FitClub

groupfit

classes schedule

7062 Highway 70 South
Nashville, Tennessee 37221
615.662.8989

Club Hours:

Monday - Thursday
4:30 am - 10:00 pm
Friday 4:30 am - 8:00 pm
Saturday 8:00 am - 6:00 pm
Sunday 8:00 am - 6:00 pm

Nursery Hours:

Monday - Friday
8:00 am - 12:00 pm
Monday - Thursday
4:30 pm - 7:30 pm
Saturday 8:00 am - 12:00 pm

BOOST FitClub

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30		Yoga - <i>Sujatha</i>					
7 AM					Yoga- <i>Sujatha</i>		
8:30 AM						Spin Camp - <i>Melissa</i>	
9 AM	Spin - <i>Mary</i>	Kick BoXpress- <i>Darby</i>	Spin - <i>Mary</i>		Spin Camp - <i>Karen</i>		
9:15 AM				AB LAB 15 - <i>Mary</i>			
9:30 AM	Treadmill TraXstar - (<i>Cardio Deck</i>) <i>Sign up required at Front Desk</i>	UBX - <i>Darby</i>	Treadmill TraXstar - (<i>Cardio Deck</i>) <i>Sign up required at Front Desk</i>	Zumba Xpress		Yoga (9:40 am) - <i>Johnny</i>	
10 AM	Yoga - <i>Sujatha</i>	LAB Xpress - <i>Karen</i>	Pilates Mat Class - <i>Eileen</i>	Yoga - <i>Sujatha</i>	UBX - <i>Karen</i>		
10:30 AM		Adrenaline Xpress - <i>Karen</i>			LAB Xpress - <i>Karen</i>		Yoga - <i>Johnny</i>
11:00 AM						Turbo Kick - <i>Mandi</i>	
5:15 PM	AB LAB 15 - <i>Jon</i>		AB LAB 15 - <i>Melissa</i>				
5:30 PM	Turbo Kick - <i>Darby</i>		UBX - <i>Melissa</i>	Turbo Kick - <i>Darby</i>	Combust It - <i>Steven</i> <i>Sign up required at Front Desk</i>		
6:00 PM			LAB Xpress - <i>Melissa</i>				
6:30 PM	Combust It - <i>Steven</i> <i>Sign up required at Front Desk</i>	Yoga - <i>Johnny</i>	Spin - <i>Melissa</i>	Yoga - <i>Johnny</i>			
7:30 PM		Pilates - <i>David</i>					