

Group X Contact:

Questions? Email us at:
 info@loggerheadfitness.com
 Tel: (561) 625-3011

LOGGERHEAD FITNESS GROUP X SCHEDULE

05/23/2022 (35)

Club Hours:

Mon-Fri – 5:00am to 8:00pm
 Sat & Sun – 7:00am to 6:00pm
 www.loggerheadfitness.com

	MON (6)	TUE (5)	WED (6)	THU (6)	FRI (5)	SAT (4)	SUN (3)
Morning	<u>Straight up Step</u> 8:00AM - 9:00AM Lori H.	<u>Cardio Sculpt</u> 8:00AM - 9:00AM Lori H.	<u>Group Cycle</u> 8:00AM - 9:00AM Mike D.		<u>Group Cycle</u> 9:00AM-10:00AM Mike D.	<u>Group Cycle *</u> 8:00AM- 8:50AM Suzanne I. / CJ E.	<u>Yoga (Int.) *</u> 9:00AM - 10:00AM Rita J. / Melody K.
	<u>Group Cycle</u> 9:15AM - 10:15AM Mike D.	<u>Core Booty</u> 9:15AM - 10:15AM Shaun H.	<u>Urban Drums</u> 9:15AM - 10:15AM Christine L.	<u>Core Booty</u> 9:15AM - 10:15AM Rachel E.	<u>Core Power & Stretch</u> 10:15AM - 11:15AM Rachel E.	<u>Cardio Pump/Step *</u> 9:05AM - 10:05AM Lori H. / CJ E.	<u>Mat Pilates</u> 10:15AM - 11:15AM Bonnie H.
	<u>Cardio Sculpt</u> 10:30AM - 11:20AM Christine L.	<u>Yoga (Int.)</u> 10:30AM - 11:45AM Nicole L.	<u>Zumba</u> 10:30AM - 11:20AM Joanna C.	<u>Yoga (Int.)</u> 10:30AM - 11:30AM Elizabeth B.	<u>Urban Drums</u> 11:30AM - 12:30PM Christine L.	<u>Yoga (Int.)</u> 10:15AM - 11:15AM Rita J. / CJ E.	<u>Zumba</u> 11:30AM - 12:30PM Rita B.
	<u>Zumba</u> 11:30AM - 12:30PM Aylin R.	<u>Zumba</u> 12:00PM - 12:50PM Janice V.	<u>Mat Pilates</u> 11:30AM - 12:30PM Rachel E.	<u>Zumba Gold</u> 11:45AM - 12:45PM Aylin R.		<u>Zumba</u> 11:30AM - 12:30PM Nora L.	
Afternoon	<u>Silver Sneakers Classic</u> 12:45PM - 1:45PM Faith N.	<u>Pre-Recorded Silver Sneakers</u> 1:00PM - 2:00PM	<u>Silver Sneakers Cardio, Strength & Stretch</u> 12:45PM - 1:45PM Suzanne I.	<u>Gentle Stretch Chair Yoga</u> 1:00PM - 2:00PM Aylin R.	<u>Silver Sneakers Classic/Cardio</u> 12:45PM - 1:45PM Michael D.		
					<u>Yoga Gentle</u> 4:00PM - 5:15PM Nicoleta M.		
Evening	<u>Yoga (Himalayan)</u> 5:30PM - 6:45PM Tracey O.		<u>Pump & Pilates</u> 5:30PM - 6:30PM CJ E.	<u>Yoga (Organic)</u> 5:30PM - 6:30PM Bonnie H.		* Sat - Alternating instructors every other week. Check Sub Schedule for current info.	
				<u>Line Dancing</u> 6:45PM - 7:45PM Nicole L.			



901 Donald Ross Road, Juno Beach, FL 33408 (561) 625-3011 ~ www.loggerheadfitness.com





Group X Class Descriptions



Cardio Pump: Designed to give you functional results! Using various, high repetitions movements every major muscle group gets attention. This is a strength-based training class; it will get you "pumped" and stronger!

Cardio Sculpt & Abs: Cardio sculpt plus abs combines strength, cardio and ab work. It is done as a circuit with 3 minutes of sculpting exercises, 2 minutes of high intensity cardio and 1 -2 minutes of ab work. Exercises will change throughout the rounds to target all muscle groups. Light to medium dumbbells, bands or balls are used for sculpting exercises plus a mat for floor work. All exercises can be modified to suit individual needs. Be sure to maximize your fat burning potential with these high intensity intervals while increasing your strength.

Core Booty: Strengthen and tone the core area of the body including Abs, lower back and butt. Increase muscle strength, range of motion to improve upon activities of daily living. Come transform your body and get all your "assets" feeling and looking like a rock star.

Core Power & Stretch: A fusion of finding those abdominal muscles, strengthening them, all the while using your whole body to feel leaner and longer to achieve core power which in return gives you better posture and stamina. Stretching the muscles will attempt to alleviate any soreness or discomfort.

Endurance Interval Training: Interval training is an excellent boredom buster! Whether you're jumping rope, doing squats, planks, or conditioning on the stability ball, your mind won't have time to wander! Your body will turn into a calorie burning machine. All fitness levels welcome.

Group Cycle: A great cardio workout from the beginner to the advanced. A high-energy class that uses RPM's to get the heart pumping. Go ahead and burn over 500 calories in 60 minutes!! Reservations required!!

Urban Drums: Instead of just listening to music, you actually BECOME THE MUSIC in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using lightly weighted drumsticks, Urban Drums transforms drumming into an incredibly effective way of working out. Urban Drums is designed for all fitness levels in that it provides the perfect atmosphere for letting loose, getting energized, toning up and rocking out! The workout is driven by music making it easy and fun for all ages and stages of life.

Pilates Mat: This class stretches and strengthens the entire dynamic core using controlled movements. Pilates is famous for promoting flexibility, strength, circulation, and skeletal alignment (posture).

Pump & Pilates: Get your pump (Weights & Cardio) and your stretch (Pilates) with this full body work out. The class is 30 min of Pump and 30 min of Pilates.

Silver Sneakers Classic: Silver Sneakers classic offers an innovative blend of physical activity, healthy lifestyle, and socially oriented programming that allows older adults to take greater control of their health. Incorporating weight segments and core strengthening. Fun and challenging for all.

Straight Up Step: Tone up your legs and get your heart pumping by moving up, over and around the step. Developed as a way to get a high intensity, yet low impact workout – this class will improve your coordination by learning choreographed routines that make the hour fly by!

Yoga: Learn how to de-stress and breathe while developing the mind-body connection. More than just physical postures, this transformational practice will relax your body, calm your mind, and strengthen your spirit from within.

Yoga Himalayan: This class focuses more on breath work, Kriya, (movements to create your evolution) Wisdom & Mantra (medicine for the mind). Classes are filled with wisdom & inspiration to assist you in loving your life. This class is structured around authentic Himalayan yoga teachings.

Chair Yoga (Gentle Stretch): Stretch postures are used to help increase ROM and flexibility. Breath exercises are combined with static and dynamic stretches to calm the mind, release stress, improve strength, balance, coordination, and endurance. Participants may use a chair to assist with balance and seated stretches or a mat.

Line Dancing: Time to polish your boots and buckle. Join us for a heel clicking, thigh slapping and toe tapping good ol' time! Make sure to wear leather soled shoes or boots and your favorite cowgirl or cowboy duds, (or just jeans and a shirt). Get ready for a Rootin-Tootin fun time.

Zumba: Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away

Zumba Gold: This class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong in mastering Zumba® moves designed for active older adults or those looking for a low-impact workout. Benefits include cardiovascular health, muscular conditioning, flexibility and balance! A portion of this class will include a chair for seated exercises and standing support with light dumbbells to increase muscle strength, range of movement and improve activities of daily living.

Classes are subject to change. Schedules also available on website.

We currently accept the following Insurance Based Plans:

