

Group X Contact:


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

LOGGERHEAD FITNESS GROUP X SCHEDULE

07/11/2022 (39)

Club Hours:

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

	MON (7)	TUE (6)	WED (6)	THU (8)	FRI (6)	SAT (4)	SUN (3)	
Morning	<p>Straight up Step 8:00AM – 9:00AM Lori H.</p> <p>Group Cycle 9:15AM – 10:15AM Mike D.</p> <p>Disco Sculpt 10:30AM – 11:20AM Faith N.</p>	<p>RISE 5:30AM – 6:30AM Eileen S.</p> <p>Cardio Sculpt 8:00AM – 9:00AM Lori H.</p> <p>Core Booty 9:15AM – 10:15AM Shaun H.</p> <p>Yoga (Int.) 10:30AM – 11:45AM Nicole L.</p>	<p>Group Cycle 8:00AM – 9:00AM Mike D.</p> <p>Urban Drums 9:15AM – 10:15AM Faith N.</p> <p>Zumba 10:30AM – 11:20AM Joanna C.</p> <p>Mat Pilates 11:30AM – 12:30PM Rachel E.</p>	<p>Barbell Strength 5:30AM – 6:30AM Eileen S.</p> <p>Cardio Sculpt 8:00AM – 9:00AM Shaun H.</p> <p>Core Booty 9:15AM – 10:15AM Rachel E.</p> <p>Yoga (Int.) 10:30AM – 11:30AM Elizabeth B.</p>	<p>RISE 8:00AM – 8:50AM Shaun H.</p> <p>Group Cycle 9:00AM-10:00AM Mike D.</p> <p>Core Power & Stretch 10:15AM – 11:15AM Rachel E.</p> <p>Barre/Sculpt 11:30AM – 12:30PM Aylin R.</p>	<p>Group Cycle * 8:00AM – 8:50AM Suzanne I. / CJ E.</p> <p>Cardio Pump/Step * 9:05AM – 10:05AM Lori H. / CJ E.</p> <p>Yoga (Int.) 10:15AM – 11:15AM Rita J. / CJ E.</p> <p>Zumba 11:30AM – 12:30PM Nora L.</p>	<p>Yoga (Int.) * 9:00AM – 10:00AM Rita J. / Melody K.</p> <p>Mat Pilates 10:15AM – 11:15AM Bonnie H.</p> <p>Zumba 11:30AM – 12:30PM Rita B.</p>	
	Afternoon	<p>Zumba 11:30AM – 12:30PM Aylin R.</p> <p>Silver Sneakers Classic 12:45PM – 1:45PM Faith N.</p>	<p>Zumba 12:00PM – 12:50PM Janice V.</p> <p>Pre-Recorded Silver Sneakers 1:00PM – 2:00PM</p>	<p>Silver Sneakers Cardio, Strength & Stretch 12:45PM – 1:45PM Suzanne I.</p>	<p>Zumba Gold 11:45AM – 12:45PM Aylin R.</p> <p>Pre-Recorded Silver Sneakers 1:00PM – 2:00PM</p>	<p>Silver Sneakers Classic/Cardio 12:45PM – 1:45PM Michael D.</p> <p>Yoga Gentle 4:00PM – 5:15PM Nicoleta M.</p>	<p># Ask about MYZONE, our heartrate training platform. The world's first interchangeable heart rate monitor for the gym, outdoors or in water. Wearable three ways, switch between the chest, wrist and arm, depending on your choice of physical activity.</p> 	
		Evening	<p>Yoga (Himalayan) 5:30PM – 6:45PM Tracey O.</p>		<p>Pump & Pilates 5:30PM – 6:30PM CJ E.</p>	<p>Yoga (Organic) 5:30PM – 6:30PM Bonnie H.</p> <p>Line Dancing 6:45PM – 7:45PM Nicole L.</p>		<p>* Sat – Alternating instructors every other week. Check Sub Schedule for current info.</p>



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





Group X Class Descriptions



Barbell Strength: A challenging, fun, and musically driven full body strength training class for every level. Using light, moderate, and heavy weights with high repetition, you'll build lean muscle as you target all major muscle groups.

Barre/Sculpt: A hybrid workout combining elements of ballet, Pilates, and yoga to strengthen and lengthen your muscles. This class uses your body weight as resistance and challenges your core stability and balance, while using a barre or a chair, a set of 2-3lb weights, a Pilates Bender Ball and a yoga mat to work the entire body. Be prepared to use a variety of equipment. Modifications makes this class accessible and challenging for all fitness levels.

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: This fun and fast-paced, calorie-torching workout uses a combination of muscle conditioning exercises with high and low impact cardio intervals. Be prepared to use a variety of equipment to continually achieve results. Modifications makes this class accessible and challenging for all fitness levels.

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.

Disco Sculpt: We are bringing the 70's and 80's back with this fun, upbeat combo class combining Disco dance moves with body sculpting exercises to tone and firm your body! Plus, choreographed dancing improves your mental health!

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!!

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.

RISE (Resistance Intervals, Sculpt & Endurance): Start your day with this energizing combination class. You might see elements of kickboxing, HIIT and BARRE while using body weight, bands, balls, and gliders in this functional fitness class. With added emphasis on form, muscular engagement, and stability; you will be supporting the health of your ligaments and joints. Expect to build lean muscle and burn fat while increasing your strength and endurance.

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.

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. The workout is driven by music making it easy and fun for all ages and stages of life.

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.

We currently accept the following Insurance Based Plans:



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