

# 2020 ZACH'S CLUB GROUP FITNESS SCHEDULE

ZACHSCLUB.COM

4229 78TH STREET

806-780-5454

**Group Fitness Director Natasha Mathis 806-559-8433**

***New Schedule Starts January 2<sup>nd</sup>***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM-6:15AM BODYPUMP ERIN		5:15AM-6:15AM BODYPUMP NATASHA		5:15AM-6:15AM BODYPUMP CHRISTY		
8:00AM-9:00AM SCULPT SARAH		8:00AM-9:00AM SCULPT SARAH		8:00AM-9:00AM SCULPT SARAH		
9:00AM-10:00AM HIGH FITNESS REAGAN	9:00AM-10:00AM BODY PUMP ASHLEE	9:00AM-9:45AM HIIT TISH	9:00AM-10:00AM BODY PUMP ASHLEE	9:00AM-10:00AM HIGH FITNESS TISH	9:00AM-10:00AM CARDIO FUSION ROTATING INSTRUCTOR	
	10:00AM-11:00AM YOGA MELISSA		10:00AM-11:00 YOGA MELISSA		10:00AM-11:00AM BODYPUMP ROTATING INSTRUCTOR	
12:00PM-12:45PM YOGA ANGIE		12:00PM-12:45PM POWER YOGA DEBORAH		12:00AM-12:45PM YOGA STRETCH DEBORAH		2:00PM-3:00AM BODYPUMP ROTATING INSTRUCTOR
5:30PM-6:30PM BODYPUMP NATASHA	5:30PM-6:30PM HIGH FITNESS TISH	5:30PM-6:30PM BODYPUMP ERIN	5:30PM-6:15PM CARDIO BOOT CAMP ERIN/NATASHA			3:00PM-4:00PM YOGA ROTATING INSTRUCTOR
6:30PM-7:15PM CARDIO ATTACK ERIC	6:30PM-7:15PM BODYPUMP TAMARA	6:30PM-7:00PM BOOTCAMP ERIN	6:30PM-7:15PM YOGA MELISSA			
C	Y	C	L	I	N	G
5:15AM-6:15AM ZACH'S CLUB CYCLING SMITTY	5:15AM-6:15AM ZACH'S CLUB CYCLING AUDREY	5:15AM-6:15AM ZACH'S CLUB CYCLING SMITTY	5:15AM-6:15AM ZACH'S CLUB CYCLING AUDREY	5:15AM-6:15AM ZACH'S CLUB CYCLING SMITTY		
9:00AM-10:00AM ZACH'S CLUB CYCLING MICHELLE		9:00AM-10:00AM ZACH'S CLUB CYCLING MICHELLE		9:00AM-10:00AM ZACH'S CLUB CYCLING MICHELLE		9:00AM-10:00AM ZACH'S CLUB CYCLING ROTATING INSTRUCTOR
5:30PM-6:15PM ZACH'S CLUB CYCLING ASHLEE	5:30PM-6:15PM ZACH'S CLUB CYCLING AUDREY	5:30PM-6:15PM ZACH'S CLUB TABATA SPIN SHEILA	5:30PM-6:15PM ZACH'S CLUB CYCLING DEBORAH			

## **Zach's Club Group Fitness Class Descriptions**

SCULPT – A 60 minute, full body workout that fuses the best elements of ballet, pilates, port conditioning and stretching for a truly unique and fun experience. Low impact but high intensity intervals of strength training, followed immediately by deep recovery stretching are sure to get you the maximum results, with minimum strain on joints and muscles.

YOGA – Take your mat training to the next level with movements that effectively combine flexibility and strength training. This session will stimulate blood-flow while building lean muscle and increased joint flexibility. Focus is core strength, body function, balance, and mobility.

CARDIO ATTACK – High energy interval training that combines athletic aerobics with strength and stabilizing exercises.

ZACH'S CLUB CYCLING – Indoor cycling with Zach's Club Cycling Instructors performed on stationary SCHWINN spin bikes for a fantastic cardiovascular workout. Held at scheduled times early morning and mid-morning.

CARDIO KICK- Cardio kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

CARDIO BOOTCMP- A 30-45 min class designed for all fitness levels that will give you a different workout every time. Killer moves along with a killer playlist that gives your body a total workout.

CARDIO FUSION- Each Saturday you will get a different cardio workout along with a different instructor. It could be Tabata, Bootcamp, High Fitness, Kickboxing or a Cardio Bootcamp.

HIGH FITNESS- High fitness produces a high caloric burn and full body toning through its carefully formulated choreography that alternates between cardio and toning tracks. This class is bringing aerobics back!

LES MILLS BODYPUMP- BODYPUMP is a barbell workout designed to get you lean, toned and fit. The combination of scientifically backed moves, motivating instructors and great music helps you achieve much more than you would on your own.

YOGA STRETCH - Take your time to focus and de-stress with combine flexibility and mental training. This session will stimulate blood-flow while increased joint flexibility. Focus is body function, balance, and relaxation.

POWER YOGA - Power Yoga is a fitness-based vinyasa practice. An offshoot of Ashtanga Yoga, it has many of the same qualities and benefits, including building internal heat, increased stamina, strength, and flexibility, as well as stress reduction. Wednesday at 12 pm

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