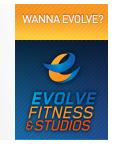
# DULE

CAMBRIDGE

\*PLEASE REGISTER VIA THE APP FOR ALL CLASSES \*CLASSES / INSTRUCTOR SUBJECT TO CHANGE



SUN	MON	TUE	WED	THU	FRI	SAT
8:00am RHYTHM Ride Katreana B.	5:45am MUSCLE CONDITIONING Dawn W.	5:45am LES MILLS BODY PUMP Mary J.	5:45am RHYTHM Ride Dawn W.	5:45am MUSCLE CONDITIONING Dawn W.	9:00am MUSCLE CONDITIONING Dawn W.	8:00am RHYTHM Ride Katreana B.
9:00am ZUMBA FITNESS David S.	9:30am CORE & MORE Angelica T.	8:15am PURE Ride Cheryl H.	9:00am LES MILLS BODY COMBAT Michelle H.	8:15am PURE Ride Cheryl H.	10:00am ZUMBA FITNESS Chela Z.	8:00am LES MILLS BODY PUMP Mary J.
10:00am LES MILLS BODY PUMP Liz M.	10:00am LES MILLS BODY PUMP Angelica T.	9:00am 30/30 CORE & STRETCH Cheryl H.	10:00am CORE & MORE Angelica T.	9:00am LES MILLS BODY PUMP Cheryl H.	12:15pm YOGALATES Eva S.	9:00am LES MILLS BODY COMBAT Michelle H.
11:00am CARDIYOGA Kayla M.	12:00pm VINYASA FLOW Eva S.	10:00am 30/30 ZUMBA MUSC. COND Natalie B.	11:00am ZUMBA FITNESS Chela Z.	5:30pm LES MILLS BODY PUMP Mary J.		10:00am ZUMBA FITNESS Cristina L.
	5:30pm PiYo Mary J.	12:00pm STRONG30 Natalie B.	12:00pm VINYASA FLOW Eva S.	6:30pm STRONG BY ZUMBA Jess P.		11:00am VINYASA YOGA / CORE Erika R.
	6:30pm Jillian Michaels BODYSHRED Jordan R.	5:30pm STRONG30 Jess P.	5:30pm BARRE FUSION Nicole D.	<b>7:30</b> pm ZUMBA FITNESS Jennifer G.		
	7:30pm ZUMBA FITNESS Jennifer G.	6:30pm RHYTHM Ride Ali H.	6:30pm RHYTHM Ride Nicole D.		9-1	
		6:30pm LES MILLS BODY PUMP Jess A.	6:30pm KICK IT Stephanie W.			
		7:30pm ZUMBA FITNESS Stefanie N.	<b>7:30</b> pm <b>POUND</b> Nicole E.			
STAY TUNED FOR OUR MONTHLY POP-UP CLASSES						
AS A COURTESY TO FELLOW MEMBERS, IF YOU ARE UNABLE TO ATTEND						
YOUR SCHEDULED CLASS PLEASE CANCEL VIA OUR APP OR CALL YOUR RESPECTIVE CLUB.						

**HOURS** 

**CLUB:** Monday - Thursday Friday

5:00am - 10:00pm 5:00am - 9:00pm

CHILD CARE: Monday - Sunday Monday - Thursday 8:00am - 12:00pm

Saturday & Sunday

7:00am - 8:00 pm

4:00pm - 8:00pm

\$6.00 per visit/child

52 NEW STREET BEHIND THE WHOLE FOODS PLAZA

**CAMBRIDGE** 617.354.1000

ALSO LOCATED IN **FRAMINGHAM** 

evolve fitness cambridge

@evolvefitnesscambridge evolvefitnessinc.com

## CARDIO CENTRIC CLASS

LES MILLS BODY COMBAT: A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to optimum health.

PURE RIDE: This ride is something for everyone with a mix of strength, endurance, challenges, hills and drills.

RHYTHM RIDE: Every ride is a Party! Whether it's 90's Hits or Hip Hop vs David Bowie playlist, you will sweat and smile.

HIIT RIDE: Best of both worlds - power up your ride with the second half of class fusing weights and/or more.

POUND: A full-body workout that combines cardio, conditioning, and strength training. Using Ripstix®, lightly weighted, drumsticks engineered specifically for exercising, POUND transforms your body using yoga and pilates-inspired movements.

ZUMBA® FITNESS: Latin Inspired dance fitness programs that takes you around the globe. Dance to great music, with great people, and burn a ton of calories without even realizing it.

KICK IT BY ELIZA: High intensity interval training with kickboxing, boxing, rhythmic components, and a meditative cool down.

#### STRENGTH BASED CLASS

Jillian Michaels BODYSHRED: A high-intensity, resistance and endurance-based class, involving synergistic 3D body dynamics that explore the scope of movement, maximize athletic performance and metabolic potential.

Jillian Michaels BODYSHRED: LES MILLS BODY PUMP: A barbell workout designed to get you lean, toned and fit.

MUSCLE CONDITIONING: Using free weights, bodyweight, and more, this is the perfect compliment to a cardio heavy regime designed to burn at and sculpt the body.

BARRE FUSION: Traditional & Non-traditional Barre inspired moves fused with pilates/yoga for an all over tightening and toning of the body.

STRONG30™/STRONG BY ZUMBA®: A beat driven HIIT/Martial Arts/Bootcamp style interval training workout like no other. Be your own ninja! Class includes 4 Quadrants and floor work.

PiYo: combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga.

### RECOVERY/FLEXIBILITY CLASS

VINYASA FLOW: A fast-paced series of postures or asanas that focuses on the flow between movements, rather than individual poses.

YOGALATES: Best of both worlds, a fitness routine that combines Pilates exercises with the postures and breathing techniques of yoga.

CARDIYOGA: Yoga with strength training and cardio intervals. Great way to start your Sunday!

CORE FLOW YOGA: Blend of Yoga & Pilates to focus on strengthening the center of our gravity.

CORE & STRETCH: All the best moves to works that core then a dose of essential stretches to minimize muscle soreness and encourage flexibility.

#### WE ARE HERE FOR YOU!

ALSO LOCATED IN FRAMINGHAM

