

GROUP EX SCHEDULE

CAMBRIDGE

WANNA
EVOLVE?

WE CAN HELP



MON	TUE	WED	THU	FRI	SAT	SUN
9:00am-9:30 CX Izzy	6:00am-7:00 BP Bridgette	9:00am-9:30 CX Izzy	5:45am-6:45 CORE Workshop Dawn	9:30am-10:30 Z Chela	8:15am-9:15 BC Izzy	8:15am-9:15 BA Bridgette
9:30am-10:30 BP Izzy	9:30am-10:00 CX Cheryl	9:45am-10:30 BC Izzy	9:45am-10:45 BP Cheryl	12:15pm-1:15 BC Izzy	9:30am-10:30 BP Izzy	9:30am-10:30 BP Bridgette
12:15pm-1:15 VINYASA YOGA Becky	10:00am-11:00 FUSION YOGA Becky	12:15pm-1:15 VINYASA YOGA Becky	10:45am-11:15 CX Cheryl	6:00pm-7:00 Z Jackie	10:45am-11:45 Z Christina	10:45am-11:45 Z David
5:30pm-6:30 BP Luis Kali	5:30pm-6:30 VINYASA YOGA Anna	5:30pm-6:30 Z Chela	5:30pm-6:30 VINYASA YOGA Erika	SPIN STUDIO	12:15pm-1:15 BODY FLOW Betty	12:00pm-1:00 VINYASA YOGA Erika R
6:45pm-7:15 CX Joe	6:45pm-7:45 BP Betty	6:45pm-7:45 PILATES Anna	6:30pm-7:30 BP Betty	5:30am-6:30 MAXX CYCLING Kathryn	SPIN STUDIO	
7:15pm-8:15 BC Joe	8:00pm-9:00 Z Erika W	8:00pm-9:00 MIXXED FITT Rachel	7:30pm-8:00 CX Betty	6:30am-7:30 MAXX CYCLING Kathryn	8:15am-9:15 MAXX CYCLING Beth	
8:30pm-9:30 Z Erika W	SPIN STUDIO	SPIN STUDIO	8:15pm-9:15 Z Erika W			
SPIN STUDIO	8:30am-9:25 F Cheryl	5:30am-6:30 MAXX CYCLING Kathryn	SPIN STUDIO			
5:45am-6:45 F Dawn	6:15pm-7:00 EXPRESS CYCLING Mary	6:30am-7:30 MAXX CYCLING Kathryn	8:30am-9:30 F Cheryl			
6:00pm-7:00 F Eddie	7:30pm-8:15 F Guided Ride	6:15pm-7:10 F Mary	6:30pm-7:15 F Guided Ride			



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 - Tuesday 5:00am - 10:00pm
Friday 5:00am - 9:00pm
Saturday & Sunday 7:00am - 8:00pm

CHILD CARE: Monday - Sunday 8:00am - 12:00pm
Monday - Tuesday 4:00pm - 8:00pm
\$6.00 per visit/child

CAMBRIDGE 617.354.1000
52 NEW STREET BEHIND THE WHOLE FOODS PLAZA

ALSO LOCATED IN
FRAMINGHAM

f facebook.com/evolvefitness
@ evolvefitness52
evolvefitnessinc.com



BODYATTACK™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.



BODYCOMBAT™ combines moves and stances developed from a range of self-defense disciplines such as karate, boxing, Tai Chi, and kickboxing. It is a fiercely energetic experience taught in a safe and simplistic manner. Designed to fight fat and kick calories, it is a great cardiovascular workout that's all out fun.



BODYPUMP™: A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP™ was verified by The University of Auckland as providing the fastest body fat loss of any fitness class.



CXWORX™ is the intensely challenging 30 minute core workout that gets you results where it counts the most.



ZUMBA™: Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health.



SPINNING: A 60 minute indoor cycling class that will provide an intense cardiovascular workout. Please arrive 10 minutes early to set up your bike for a safe, comfortable ride. Limited to 17 participants!



INDURO is a beat based and theater enhanced cycling experience like no other. Induro offers cycling workouts utilizing amazing soundtracks, live and virtual instructors teaching beat based rides, and cycling videos from around the globe! Induro Cycling caters to participants of all fitness and cycling levels.

CORE WORKSHOP: The most intense body-weight workout you will find in Boston! Core Workshop is total-body workout using the best of pilates, yoga and hand weights exercises. This class is designed to take your muscles and core to their edge with resistance training, body weight exercises and stretching.

VINYASA YOGA: A flowing style of yoga that deeply integrates breath and movement, awareness and alignment, stability and flexibility. Thoughtful sequencing and moderate pacing keep the body gracefully engaged and stimulate mindful focus.

CORE YOGA FUSION: A stretch and conditioning class that is based on foundational yoga poses and fuses intense core training to strengthen and tone the entire body.

PILATES is a body conditioning routine that seeks to build flexibility, strength, endurance, and coordination without adding muscle bulk.



REVVED UP CYCLING: Heart pumping music with an exciting ride, lots of jumps, sprints and upper body dance moves. If you enjoy a cycle class with a twist then join us for Revved.

MIXED FITT: We dance to our favorite songs on the radio that we would dance to at a nightclub. Then, we spice things up by adding boot camp-inspired exercises to make your workout more effective and challenging.

ODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

WE ARE HERE FOR YOU!