



# GROUP EX SCHEDULE

## CAMBRIDGE

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.	5:45am PURE Ride Kathryn Z.	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.	9:00am MUSCLE CONDITIONING Dawn W.	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.	10:00am ZUMBA Chela Z.	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.	12:15pm YOGALATES Eva S.	10:00am ZUMBA FITNESS Cristina L.
	5:30pm PiYo Mary	12:00pm STRONG BY ZUMBA Natalie B.	12:00pm VINYASA FLOW Eva S.	6:30pm STRONG BY ZUMBA Jess P.		11:00am VINYASA YOGA / CORE Erika R.
	6:30pm LES MILLS BODY PUMP Cris H.	5:30pm STRONG30 Jess	5:30pm BARRE FUSION Nicole D.	7:30pm ZUMBA FITNESS Jennifer G.		
	6:30pm PURE Ride Rebecca G.	6:30pm LES MILLS BODY PUMP Cris H.	6:30pm RHYTHM Ride Ali H.			
	7:30pm ZUMBA FITNESS Jennifer G.	7:30pm ZUMBA FITNESS Stefanie N.	6:30pm KICK IT Stephanie W.			
			7:30pm POUND Nicole E.			

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.

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

### HOURS

**CLUB:** Monday - Thursday 5:00am - 10:00pm  
 Friday 5:00am - 9:00pm  
 Saturday & Sunday 7:00am - 8:00pm

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

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

**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 complement 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!**

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