

GROUP EX SCHEDULE

FRAMINGHAM

WANNA EVOLVE?



MON	TUE	WED	THU	FRI	SAT	SUN
8:30am LES MILLS BODY PUMP Kerin	5:45am LES MILLS BODY PUMP Kali	5:45am HIIT RIDE Rick	5:45am LES MILLS BODY PUMP Theresa	5:45am HIIT RIDE Rick	8:30am LES MILLS BODY PUMP Kerin	8:30am LES MILLS BODY COMBAT Gina
9:30am ZUMBA Ann	8:30am STEP EXPRESS Paula	8:30am LES MILLS BODY PUMP Kerin	8:30am ZUMBA Leah	8:30am BARRELATES Michele	8:15am PURE RIDE Lolly	9:30am LES MILLS CX Gina
10:30am COMPLETE CORE Ann	8:30am PURE RIDE Beth	9:30am ZUMBA Ann	8:30am RHYTHM RIDE Carolyn	9:30am LES MILLS BODY COMBAT Gina	9:30am LES MILLS BODY ATTACK Kerin	9:00am HITT RIDE Rick
12:15pm PURE RIDE EXPRESS/30min Kerin	9:30am S.A.S.S. COND. Ann	10:30am COMPLETE CORE Ann	9:30am S.A.S.S. COND. Ann	10:30am SCULPT ENDURANCE Paula	9:30am PURE RIDE Beth	10:00am BARRELATES Paula
5:30pm LES MILLS BODY PUMP Gina	5:30pm CARDIO HIIT Judy	12:15pm PILATES MAT Paula	10:30am GENTLE HATHA STRETCH Michele		10:30am ZUMBA Ali	
6:30pm ZUMBA Ali	5:45pm HIIT RIDE Rick	6:00pm S.A.S.S. COND. Ann	12:15pm CARDIO DANCE BARRE Paula			
	6:30pm COMPLETE CORE / 30min Judi		5:30pm LES MILLS BODY COMBAT Kerin			
	7:00pm POUND Carolyn		6:00pm RHYTHM RIDE Stephanie			
			6:30pm LES MILLS CX / 30min Kerin			

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

CLUB HOURS

Monday - Thursday 5:00am - 10:00pm

Friday 5:00am - 9:00pm

Saturday & Sunday 7:00am - 6:00 pm

FRAMINGHAM 508.879.6200
11 CALIFORNIA AVE.

ALSO LOCATED IN
CAMBRIDGE

f evolvefitness framingham
@evolvefitness Framingham
evolvefitnessinc.com

CARDIO CENTRIC CLASSES

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

LES MILLS BODY ATTACK: is a high energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push ups and squats.

ZUMBA® FITNESS: A Latin inspired dance fitness program that fuses latin, international and national rhythms. Takes you around the world. Dance to great music and enjoy the party!!

STEP EXPRESS: (45 mins) This cardio class is bringing back Step in it's original format. A cardio workout using the rectangular platform and adjustable risers. Choreographed with emphasis on the lower body.

CARDIO DANCE AND BARRE: Lo-impact cardio dance, fused with classic Barre elements.

POUND: is a 45 minute group fitness class that combines cardio, strength training and Pilates with drumming to achieve a full-body workout. Using lightly weighted drumsticks, Ripstix™, participants can expect to burn between 500-900 calories per class and will be performing over 15,000 reps per session!

STRENGTH BASED CLASSES

LES MILLS BODY PUMP: a barbell workout designed to get you lean, toned and fit.

LES MILLS CXWORX: 30 minute core workout that gets you results.

S.A.S.S.(STAY ACTIVE, STAY STRONG) CONDITIONING: This body transforming class will burn fat and tone the body. The workout targets Cardio, Strength, Balance, and Flexibility. These components are all fused together with a hint of yoga and pilates in short intensity rounds. Weights are also used in this class.

BARRELATES: Get the best of both worlds. This fusion class combines the dynamic movements of barre with the lengthening, strengthening exercises of mat Pilates.

COMPLETE CORE: (30 mins) Experience this dynamic core class that will challenge all levels. Learn to safely and effectively modify and progress movements for ALL Levels. Small ball is used in this class.

SCULPT ENDURANCE: Traditional sculpting class that combines weights with a cardio component to challenge anyone. Weights and stability balls are used.

RECOVERY/FLEXIBILITY CLASSES

PILATES MAT: A mat class is a great way to learn the fundamental principles of the Pilates method. Improve your flexibility and alignment, and get energized with this amazing mind/body workout.

GENTLE HATHA STRETCH: Stretching is an important part of fitness. This class will help improve your range of motion, increase circulation and calm your mind.

SIGNATURE CYCLING CLASSES

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

HIIT RIDE: This ride drives your body to burn calories for hours. Bursts of intensity on the bike where you work hard then active recovery off the bike utilizing bands or weights.

RHYTHM RIDE: Every Ride is a Party! Instructors choice - whether it's a 90's Hit playlist or hip hop vs David Bowie. You will sweat, reach and recover while being coached to reach your personal best.

WE ARE HERE FOR YOU!