



## QUEENAX ROOM & SPIN STUDIO SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15-6:00AM	<b>PEDAL DE FUEGO</b> Lily <i>*SPIN STUDIO</i>	<b>CYCLE &amp; STRENGTH</b> Evelyn <i>*SPIN STUDIO</i>	<b>PEDAL DE FUEGO</b> Lily <i>*SPIN STUDIO</i>	<b>CYCLE &amp; STRENGTH</b> Evelyn <i>*SPIN STUDIO</i>	
8:30-9:30AM	<b>TABATA</b> Whitney	<b>HIIT</b> Callee	<b>TABATA</b> Whitney	<b>HIIT</b> Callee	<b>INDOOR SOCCER</b> Whitney/ Callee
12:15-12:45PM	<b>BOXING &amp; BODYFIT</b> Joe		<b>BOXING &amp; BODYFIT</b> Joe		
12:15-1:00PM		<b>TREAD N SHRED</b> Katie <i>*CARDIO ROOM</i>		<b>TREAD N SHRED</b> Katie <i>*CARDIO ROOM</i>	
5:15-6:00PM	<b>BOOST</b> Jarod	<b>CYCLE &amp; STRENGTH</b> Lori <i>*SPIN STUDIO</i>	<b>BOOST</b> Jarod	<b>CYCLE &amp; STRENGTH</b> Lori <i>*SPIN STUDIO</i>	
7:00-8:00PM	<b>HIIT</b> Alley			<b>HIIT</b> Alley	

### CLASS DESCRIPTION

**PEDAL DE FUEGO:** High energy bilingual cycling class set to a playlist of Latin, country, and hip-hop music.

**CYCLE & STRENGTH:** High energy, total-body workout that blends intense cycling with strength training exercises, using weights or body weight.

**TABATA:** Whole body workout that aims to improve cardiorespiratory endurance, aerobic and anaerobic capacity, and boost fitness in a short period.

**HIIT:** Intense workout that alternates between bursts of energy and periods of rest. Improves cardiovascular fitness, burns calories, and builds muscle strength in a short amount of time.

**BOXING & BODYFIT:** Combines cardio, strength, and functional movements to build strength and improve conditioning.

**TREAD N SHRED:** High-intensity, interval based fitness that combines treadmill cardio with strength training on the floor.

**BOOST:** Try the SuperFunctional system to maximize your workout. Designed to build a strong foundation through basic functional movement patterns. Adaptable for all fitness levels.