FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Queenax Class Schedule

YMCA of Corsicana

Schedule effective starting April 3, 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:15am-6:00am	**CORE CYCLE** SPIN ROOM Cassie	**METCON** Amber	**CORE CYCLE** SPIN ROOM Cassie	**METCON** Amber	
8:30am-9:15am	**TABATA** Whitney	**HIIT** Callee	**TABATA** Whitney	**HIIT** Callee	**METCON** Callee
Afternoon					
5:15pm-6:00pm	**BOOST** Jarod	**Cycle & Strength** SPIN ROOM Casey	**BOOST** Jarod	**Cycle & Strength** SPIN ROOM Casey	
6:00pm -6:45pm SPIN ROOM	**Cycle & Strength** SPIN ROOM Evelyn		**Cycle & Strength** SPIN ROOM Evelyn		
6:15pm-7:00pm			**BOOTCAMP** Joe		
7:15pm-8:00pm *OUTSIDE*	**HIIT** Alley			**HIIT** Alley	

Class Descriptions

Queenax Boost: Queenax Boost is a 30-minute program that is part of the Goal-Oriented program family. This program offers a total body SuperFunctional experience. The training sequence in Queenax Boost includes six 3-minute tri-plexes. Each tri-plex is based on a different category of movement to facilitiate a total body workout and provide adequate recovery time for each muscle group trained.

HIIT: High intensity interval training that will increase your heartrate using moving circuits to work every muscle group.

METCON: Method of training that involves a very high work rate, using exercises designed to burn more calories during your workout and maximize calories burned after your workout. These routines are intended to increase your body's storage and delivery of energy for any activity.

TABATA: Whole body cardio workout that includes 20 seconds of strength training followed by 10 seconds of rest, repeated for a total of 4 minutes.

SPIN: This class uses a stationary bike at various cadences and body positions for a great workout.

CYCLE & STRENGTH: Stationary bike cardio combined with strength training intervals.

CORE CYCLE: Spin bike cardio combined with targeted abdominal focus.

BootCamp: Move station to station in high-intensity intervals that focus on functional movements that use your body weight or variety of equipment.