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| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 5:15-6:00AM | **CYCLE & STRENGTH**Evelyn*\*SPIN STUDIO* |  | **CYCLE & STRENGTH**Evelyn*\*SPIN STUDIO* |  |  |
| 5:15-6:00am |  | **METCON**Amber |  | **METCON**Amber |  |
| 8:30:9:15AM | **TABATA**Whitney | **HIIT**Callee | **TABATA**Whitney | **HIIT**Callee | **HIIT**Whitney/Callee |
| AFTERNOON |
| 5:15-6:00PM | **BOOST** Jarod | **CYCLE & STRENGTH**Casey*\*SPIN STUDIO* | **BOOST** Jarod | **CYCLE & STRENGTH**Casey*\*SPIN STUDIO* |  |
| 6:00-6:45PM | **CYCLE & STRENGTH**Evelyn*\*SPIN STUDIO* |  | **CYCLE & STRENGTH**Evelyn*\*SPIN STUDIO* |  |  |
| 7:00-8:00PM | **HIIT** Alley |  |  | **HIIT** Alley |  |
| CLASS DESCRIPTION |
| **CORE CYCLE:** Intense spin for cardio with a focus on abs incorporated.**METCON**: Strengthen and elevate your heartrate by rotating through timed stations and exercises. **TABATA**: Whole body workout that includes 20 seconds of training followed by 10 seconds of rest for 2 minutes intrevals.**BOOST**: Try the SuperFunctional system to maximize your workout. Each tri-plex system is based on a different category of movement to burn calories and strengthen. **CYCLE & STRENGTH**: Spin cardio with a focus on upper body strength training. **HIIT**: Complete body workout with both hand weights, bars, and cardio moves for high intensity interval training. |



**CORSICANA YMCA EFFECTIVE: August 21, 2023**

 **QUEENAX ROOM & SPIN STUDIO SCHEDULE**