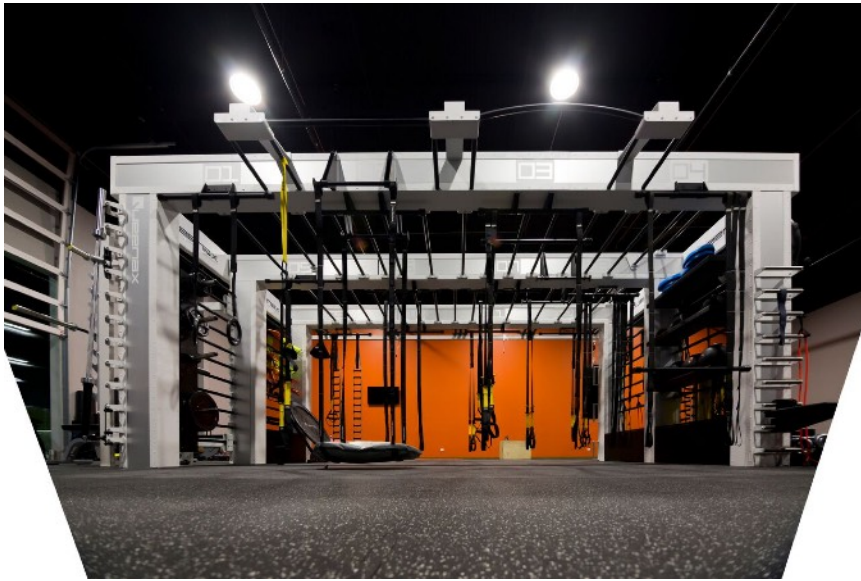




# March Adult Programs Schedule

	SUN	MON	TUE	WED	THUR	FRI	SAT
6 AM		Boot Camp		Boot Camp		Boot Camp	
8 AM							Boot Camp
9 AM		Queenax CrossTrain	<b>LES MILLS BODYPUMP</b>	Queenax CrossTrain	<b>LES MILLS BODYPUMP</b>	Queenax CrossTrain	Warrior Workout
10 AM		<b>LES MILLS BODYFLOW</b>	OWN Zone	<b>LES MILLS BODYFLOW</b>	OWN Zone	<b>LES MILLS BODYFLOW</b>	<b>LES MILLS BODYFLOW</b>
5 PM		<b>LES MILLS BODYPUMP</b>	Booty Burn		<b>LES MILLS BODYFLOW</b>		
6 PM		Power Hour	Queenax CrossTrain	Power Hour	Queenax CrossTrain	Warrior Workout	
7 PM		Queenax CrossTrain	OWN Zone	Queenax CrossTrain	OWN Zone	<b>LES MILLS BODYPUMP</b>	
8 PM				<b>LES MILLS BODYPUMP</b>			
9 PM				Dads 4v4 Drop In Soccer			

# Class Descriptions



The Lifezone360 Queenax Cross Trainer is the epi-center of most of our classes. Come experience this highly versatile unit and discover what everyone is buzzing about.

with old school strength training. Ideal for those who have been working out for a while.

**Les Mills BODYFLOW:** *An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered. Happy.*

**Les Mills BODYPUMP:** Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories\*. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

**Own Zone:** *Designed right here at LZ360, this workout is all about getting your heart rate into the optimal zone for health, fitness and fat burning. As with any workout here, you'll have a heart rate monitoring wearable and watch your heart rate on the screen as you ramp up and down on your intensity. You'll never get bored because your trainer will mix things up every time. You'll rotate through using dumbbells, barbells, bands, machine circuits and our very own Queenax Suspension machine. Watch things like fat, muffin tops and cellulite burn away just 6 weeks into this program.*

**Bootcamp:** An all-round calorie burn and muscle toning workout designed to get your energy soaring for the day. *A friendly personal trainer will be there with you every step of the way to motivate you, answer questions and demonstrate proper technique. As with any LZ360 workout, you'll have a heart-rate monitoring wearable on to make sure you're getting the optimal workout regardless of your current fitness level.*

**Warrior Workout:** *Designed by our own director Andy Voris, this workout takes key elements of a professional athlete's workout and puts it in a "weekend warrior" package . A fun dynamic warmup progresses to 6 minute intervals of activities with sleds, kettlebells rowers and box jumps. Just a few weeks of this class will have you looking and feeling 10 years younger.*

**Queenax Cross Train:** If you've heard of TRX, Bungee and Suspension Training, the LZ360 Queenax machine brings it all into one dynamic session. A great workout for friends to do together, you'll find yourself smiling (even laughing) and sweating the time away.

**Power Hour:** This workout is for individuals who want to build strength and muscle. *Get ready for a tough hour designed to Power you up! The session includes lots of power generation and explosive movement routines blended*