

# GROUP EX 2017 SEPTEMBER



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>National Harbor Class Schedule</b> Monday, Tuesday & Weds at 7PM Jill ?? ?? Patrice Saturdays at 10 am Yoga Cathy <a href="https://www.nationalharbor.com">https://www.nationalharbor.com</a>				01 <b>GS 5:30 <u>AMCycle</u></b> Charlene	02 <b>CS 8:00 <u>CYCLE Express</u></b> Tanya <b>GS 8:30- <u>202020</u></b> Tanya <b>GS 9:30 <u>BODYPUMP</u></b> Jill <b>GS 10:40 <u>COREWORKS</u></b> Jill
03 <b>GS YOGA 9 am</b> Cathy <b>GS 10:15</b>	04 <b>Labor Day no classes.</b>	05 <b>GS 5:30: a <u>BODYPUMP</u></b> Charlene <b>GS 9:00 <u>YOGA</u></b> Cathy  <b>GS 12:00 <u>BODYPUMP</u></b> Dot <b>GS 6:00 <u>202020</u></b> Steven <b>GS 7:00 <u>Cycle45</u></b> Trinette	06 <b>CS 5:30 <u>AM Cycle</u></b> Charlene <b>GS 9:00 <u>BODYPUMP</u></b> Dot  <b>CS 5:30 <u>KIDZFIT</u></b> Marshama <b>CS 6:00 <u>HIPHOPFUNKRIDE</u></b> Trinette <b>GS 6:30 <u>CARDIOKICK</u></b> Jill	07 <b>GS 5:30a <u>BODYPUMP</u></b> Charlene <b>GS 9:00 <u>Lean&amp;limber</u></b> Yvette <b>GS 12:00 <u>AMPEDUP</u></b> Jill <b>CS 6:00 <u>EXTREMEXCYCLE</u></b> Tanya <b>GS 6:30 <u>BANG Power Dance</u></b> Patrice	08 <b>CS 5:30 <u>AMCycle</u></b> Charlene	09 <b>CS 8:00 <u>CYCLE Express</u></b> Tanya <b>GS 8:30 <u>202020</u></b> Steven <b>GS 9:30 <u>BODYPUMP</u></b> Jill <b>GS 10:40 <u>COREWORKS</u></b> Jill
10 <b>GS YOGA 9 am</b> Cathy <b>CS 10:15</b> <b><u>SundayCycle</u></b> Tanya	11 <b>CS 5:30 <u>AM Cycle</u></b> Charlene <b>GS 9:00 <u>BODYPUMP</u></b> Jill  <b>CS 5:30 <u>XpressRide</u></b> Tamika <b>GS 6:00 <u>NEWH.I.I.T</u></b> Tamika	12 <b>GS 5:30: a <u>BODYPUMP</u></b> Charlene <b>GS 9:00 <u>YOGA</u></b> Cathy <b>GS 12:00 <u>BODYPUMP</u></b> Dot <b>GS 6:00 <u>202020</u></b> Steven <b>GS 7:00 <u>Cycle45</u></b> Trinette	13 <b>CS 5:30 <u>AM Cycle</u></b> Charlene <b>GS 9:00 <u>BODYPUMP</u></b> Yvette  <b>CS 5:30 <u>KIDZFIT</u></b> Marshama <b>CS 6:00 <u>Hip-Hop FUNKRIDE</u></b> Trinette <b>GS 6:30 <u>CARDIOKICK</u></b> Jill	14 <b>GS 5:30 a <u>BODYPUMP</u></b> Charlene <b>GS 9:00 <u>Lean&amp;Limber</u></b> Yvette <b>GS 12:00 <u>AMPEDUP</u></b> Jill  <b>CS 6:00 <u>EXTREMEXCYCLE</u></b> Tanya <b>GS 6:30 <u>BANG Power Dance</u></b> Patrice	15 <b>CS 5:30 <u>AMCycle</u></b> Charlene	16 <b>CS 8:00 <u>CYCLE Express</u></b> Tanya <b>GS 8:30 <u>202020</u></b> Tanya <b>GS 9:30 <u>BODYPUMP</u></b> Jill <b>GS 10:40 <u>COREWORKS</u></b> Jill
17 <b>GS YOGA 9 am</b> Cathy <b>CS 10:15</b>	18 <b>CS 5:30 <u>AM Cycle</u></b> Charlene <b>GS 9:00 <u>BODYPUMP</u></b> Jill <b>CS 5:30 <u>XpressRide</u></b> Tamika <b>GS 6:00 <u>NEWH.I.I.T</u></b> Tamika	19 <b>GS 5:30: a <u>BODYPUMP</u></b> Charlene <b>GS 9:00 <u>YOGA</u></b> Cathy <b>GS 6:00 <u>202020</u></b> Steven <b>GS 7:00 <u>Cycle45</u></b> Trinette	20 <b>CS 5:30 <u>AM Cycle</u></b> Charlene <b>GS 9:00 <u>BODYPUMP</u></b> Dot  <b>CS 5:30 <u>KIDZFIT</u></b> Marshama <b>CS 6:00 <u>Hip-Hop FUNKRIDE</u></b> Trinette <b>GS 6:30 <u>CARDIOKICK</u></b> Jill	21 <b>GS 5:30a <u>BODYPUMP</u></b> Charlene <b>GS 9:00 <u>Lean&amp;Limber</u></b> Yvette <b>GS 12:00 <u>AMPEDUP</u></b> Jill <b>CS 6:00 <u>EXTREMEXCYCLE</u></b> Tanya <b>GS 6:30 <u>BANG Power Dance</u></b> Patrice	22 <b>CS 5:30 <u>AMCycle</u></b>	23 <b>CS 8:00 <u>CYCLE Express</u></b> Tanya <b>GS 8:30- <u>202020</u></b> Steven <b>GS 9:30 <u>BODYPUMP</u></b> Jill <b>GS 10:40 <u>COREWORKS</u></b> Jill
24 <b>GS YOGA 9 am</b> Diane <b>CS 10:15</b> <b><u>SundayCycle</u></b> Tanya	25 <b>CS 5:30 <u>AM Cycle</u></b> Charlene <b>GS 9:00 <u>BODYPUMP</u></b> Jill <b>CS 5:30 <u>XpressRide</u></b> Tamika <b>GS 6:00 <u>NEWH.I.I.T</u></b> Tamika	26 <b>GS 5:30: a <u>BODYPUMP</u></b> Charlene <b>GS 9:00 <u>YOGA</u></b> Cathy <b>GS 12:00 <u>BODYPUMP</u></b> Dot <b>GS 6:00 <u>202020</u></b> Steven <b>GS 7:00 <u>Cycle45</u></b> Trinette	27 <b>CS 5:30 <u>AM Cycle</u></b> Charlene <b>GS 9:00 <u>BODYPUMP</u></b> Dot  <b>CS 5:30 <u>KIDZFIT</u></b> Marshama <b>CS 6:00 <u>Hip-Hop FUNKRIDE</u></b> Trinette <b>GS 6:30 <u>CARDIOKICK</u></b> Jill	28 <b>GS 5:30a <u>BODYPUMP</u></b> Charlene <b>GS 9:00 <u>Lean&amp;Limber</u></b> Cathy <b>GS 12:00 <u>AMPEDUP</u></b> Jill <b>CS 6:00 <u>EXTREMEXCYCLE</u></b> Tanya <b>GS 6:30 <u>BANG Power Dance</u></b> Patrice	29 <b>CS 5:30 <u>AMCycle</u></b>	30 <b>CS 8:00 <u>CYCLE Express</u></b> Tanya <b>GS 8:30- <u>202020</u></b> Tanya <b>GS 9:30 <u>BODYPUMP</u></b> Jill <b>GS 10:40 <u>COREWORKS</u></b> Jill

Not included in basic plan) ages 18 mo-12years

CLUB HOURS OF OPERATION

M-F 5:00am -10:00pm

Sat- 7:00am- 7:00Ppm:

Sun- 7:00-7:00pm

[#2](http://noexcuseworkout.net)

 M-F 5:00pm-8:00pm  
Sat 7:30am- 11:00 AM

### **Class Descriptions**

**Instructors:** Jill Capn) ,Toure, Steven(Steve) Nubia (LaShawn), Latoya (Toya), Anna T, Kyisha (Ky), Kathy, Charlene P,Larry, Yvette , Jasmine (Jazz) Derek, Catherine (Cat), Keyonna, Tanya, Shani ,Mo,Patrice , Dot, Nay, Shanedda ,Eric, Ryan, Shane,Shawni,Yolanda, Joe ,Indy ,Mo ,Cierra, LaToya. Troya .LaToya,,Ms Vee, Carl, Toya, Robin, Cathy, Monique B. Paola,,Robert (Robbbie),Maureen,Marsharna,Tamika (Tj)

*Note: New and Specialty class in Italic red*

#### **NEW!! BANG**

**NEW!! KIZFIT**-KIDZFIT is a fitness class for kids ages 5 – 11, This fun, kid friendly class will teach kids how to move and have fun with dance using age appropriate music and fun choreography. NOTE: *Children must wear athletic shoes, and be accompanied to and from the studio by a parent or staff. Ask at the front desk for other rules, liabilities and conditions.*

**NEW!!HIPHOPFUNK RIDE**-HIP HOP tunes motivate you in this calorie crushing ride. Start with 15 minutes of powerful cycling drill HipHop style, Yo, it's not over, final set of powerful sprints with that FUNK flava!! GAME ON!

**NEW!!CARDIOCRAZY**-Cardio sports inspired moves combined with athletic high energy aerobics with lots of groovy moves blended with a lil latin a lil kick a lil hip and lil hop in the mix! Directional movement and high energy music tracks that will have movin steppin, burnin and tonin! Fun fun fun... it's CRAZY!**On summer vacation**

**NEW!!SOULRIDE**- Smooth and groovy beginner /intermediate ride for the soul. Cool jazz, Motown with a touch of rhythm and blues, Come one come ALL, join Trinette for an entertaining and fun ride to unforgettable music

**NEW!! NEWHIIT**-High Intensity Interval training 30 min if HIITING it hard with a little toning thrown in to top it all off! **on summer vacation**

**NEW!! BODYSCULPT**- Full body toning/ strength class utilizing barbells, dumbbells and bodyweight **on summer vacation**

**AMPEDUP** This class is a total body, heart pumping, aerobic and strength conditioning workout only offered at No Excuse Workout, This interval-based class combines full-body strength training with high intensity cardio bursts "TABATA" segments designed to tone your body, improve your endurance and kick in your afterburners ! Great high NRG music and amazing NRG instructors to keep you MOTIVATED. CORE training too..It is a MUST TRY and a MUST DO every week!. Modifications for all fitness levels are provided

**20 20 20** =The format is simple: 20 minutes of each session is dedicated to step aerobics, 20 minutes to resistance training, and 20 minutes of Core/ab training! Oh but steppers stay low as this first 20 is fast! All moves can be performed on the floor as well!

**Lean and Limber** Get amazing results from this class, Easy stretch relaxing in the breath combined to strength and toning segments that will make you feel strong, lean relaxed and limber too! It's new ..try it!

**COREWORKS**- Been meaning to perfect that six-pack? Give your core muscles undivided attention with COREWORKS classes, the newest addition at No Excuse Workout Fitness., the half-hour group ex class concentrates on developing core strength by using a series of resistance bands with exercises that target the abs, glutes, back and oblique's all are choreographed to super upbeat motivational music! have you movin and grooving, burnin and turning! Fun Fun Fun! Some interval training is included along with low impact options that make this perfect for everyone! **On Vacation**

**BODYPUMP**-A Les Mills program focusing on all over strength training utilizing a barbell assembly, The original barbell class!!!

**ZUMBA** -When participants see a Zumba class in action, they can't wait to give it a try! Zumba classes feature exotic rhythms set to high energy Latin, contemporary and international beats. Before you know it, you will getting fit and you're energy level in soaring through the roof! It's off the hook fun and it's easy to do! C'mon.... Ditch the workout and join the party!

**YOGA** – Flow through a series of poses incorporating traditional & power yoga to increase flexibility, balance & strength, ending with a relaxation segment.

**POPCycle** Whether you are just getting started or have an established training program, we can help you achieve your fitness or racing goals with our cycling program. Cycling can offer benefits for both fitness and fat burning. You can vary your programs so that you can alternate between fitness and fat burning, or a program that includes both. And you don't need to cycle for hours on end. Twenty to thirty minutes of exercise is usually sufficient for good results. OurCycle classes include **FAT BURN X Cycle** (get on and get it done in 30 min) PM Cycle (A one hour class appropriate for all levels **RYTHEM CYCLE** (Intermediate to advanced level, ride all to the rhythmic sounds of the latest HipHop, POP and R&B), **PMCYCLE CYCLETIME** (This intermediate to advanced class is all about attitude with a feel good beat that is sure to please!)**CYCLE45** Great rhythm ride as well just express PLUS 45 min perfect to ad on to core class! **NEW /AM Cycle** (All levels and is Instructors choice so come ready to ride!)

**EXTREMEXCYCLE**- don't be late for this date....it's EXTREME yes it's safe! THEPUSH is real..a lil CRAY CRAY but hey..we love thata way at NEW!! Try it!!

pleasures musicians responsible for the magical sound of MOTOWN! What a way to RIDE!

**ON VACATION**-Classes that have been loved in the past and may be again in the future we placed **on vacation** with hopes of bringing them back at another time and date!

#### **Helpful Hints:**

Remember to try a variety of classes and instructors.

Try to arrive to class on time. Warm-ups are very important.

Always drink plenty of water before, during, and after class.

If you are pregnant, taking medication, or have any medical problem that may affect your performance in class, please notify the instructor.Please alert the instructor if you become dizzy, nauseous, or extremely fatigued.

