

GROUP EX 2017 NOVEMBER



NOVEMBER GROUP EX 2017





LES MILLS *sprint*



CORE WORKS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			01 CS 5:30 AM Cycle Charlene GS 9:00 BODYPUMP® Dot CS 5:30 KIDZFIT Marsharna CS 6:00 Hip-Hop FUNKRIDE Trinette GS 6:30 BODYPUMP Jill	02 28 GS 5:30a BODYPUMP® Charlene GS 9:00 Lean&Limber Yvette CS 6:00 EXTREMEXCYCLE Tanya GS 6:30 BANG Power Dance Patrice	03 GS 5:30 AMCycle Charlene	04 CS 8:00 CYCLE Express Tanya GS 8:30-202020 Tanya GS 9:30 BODYPUMP® Jill GS 10:30 COREWORKS Jill
05 GS YOGA 9 am Cathy	06 CS 5:30 AM Cycle Charlene GS 9:00 BODYPUMP® Jill CS 5:45 XtremeXcycle Trinette GS 6:30 BODYPUMP Jill	07 GS 5:30:a BODYPUMP® Charlene GS 9:00 YOGA Cathy GS 6:00 202020 Marsharna GS 7:00 Cycle45 Trinette GS 7:00 Zumba Keyona	08 CS 5:30 AM Cycle Charlene GS 9:00 BODYPUMP® Yvette CS 5:30 KIDZFIT Marsharna CS 6:00 HIPHOPFUNKRIDE Trinette GS 6:30 BODYPUMP Jill	09 GS 5:30a BODYPUMP® Charlene GS 9:00 Lean&limber Yvette CS 6:00 EXTREMEXCYCLE Trinette GS 6:30 BANG Power Dance Patrice	10 CS 5:30 AMCycle Charlene	11 CS 8:00 CYCLE Express Tanya GS 8:30 202020 Tanya GS 9:30 BODYPUMP® Jill GS 10:30 COREWORKS Jill
12 GS YOGA 9 am Cathy CS 10:15 SundayCycle Tanya	13 CS 5:30 AM Cycle Charlene GS 9:00 BODYPUMP® Jill CS 5:45 SPRINT Tamika GS 6:30 BODYPUMP Tamika	14 GS 5:30:a BODYPUMP® Charlene GS 9:00 YOGA Cathy GS 6:00 202020 Steven GS 7:00 Cycle45 Trinette GS 7:00 Zumba Keyona	15 CS 5:30 AM Cycle Charlene GS 9:00 BODYPUMP® Dot CS 5:30 KIDZFIT Marsharna CS 6:00 Hip-Hop FUNKRIDE Trinette GS 6:30 BODYPUMP Jill	16 GS 5:30 a BODYPUMP® Charlene GS 9:00 Lean&Limber Yvette CS 6:00 EXTREMEXCYCLE Tanya GS 6:30 BANG Power Dance Patrice	17 CS 5:30 AMCycle Charlene	18 CS 8:00 CYCLE Express Trinette GS 8:30 202020 Steven GS 9:30 BODYPUMP® Jill GS 10:30 COREWORKS Jill
19 GS YOGA 9 am Cathy	20 CS 5:30 AM Cycle Trinette GS 9:00 BODYPUMP® Jill CS 5:45 XtremeXcycle Tamika GS 6:30 BODYPUMP Tamika	21 GS 5:30:a BODYPUMP® Yvette GS 9:00 YOGA Cathy GS 6:00 202020 Steven GS 7:00 Cycle45 Trinette GS 7:00 Zumba Keyona	22 CS 5:30 AM Cycle Trinette GS 9:00 BODYPUMP® Yvette CS 5:30 KIDZFIT Marsharna CS 6:00 Hip-Hop FUNKRIDE Trinette GS 6:30 BODYPUMP Jill	23 THANKSGIVING DAY NO Classes 	24 Special Turkey BURNER on the TURF 8 to 10 am 	25 CS 8:00 CYCLE Express Tanya GS 8:30-202020 Tanya GS 9:30 BODYPUMP® Jill GS 10:30 COREWORKS Jill
26 GS YOGA 9 am Cathy CS 10:15 SundayCycle Tanya	27 CS 5:30 AM Cycle Charlene GS 9:00 BODYPUMP® Jill CS 5:45 SPRINT Tamika GS 6:30 BODYPUMP Tamika	28 GS 5:30:a BODYPUMP® Charlene GS 9:00 YOGA Cathy GS 6:00 202020 Steven GS 7:00 Cycle45 Trinette GS 7:00 Zumba Keyona	29 CS 5:30 AM Cycle Charlene GS 9:00 BODYPUMP® Dot CS 5:30 KIDZFIT Marsharna CS 6:00 Hip-Hop FUNKRIDE Trinette GS 6:30 BODYPUMP Jill	30 GS 5:30a BODYPUMP® Charlene GS 9:00 Lean&Limber Diane CS 6:00 EXTREMEXCYCLE Tanya GS 6:30 BANG Power Dance Patrice		

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

CLUB HOURS OF OPERATION

9:00pm

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

11:00 AM

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



M-T 5:00pm-

Sat 7:30am-



5470 St Barnabas Rd
 Oxon Hill, Maryland 20745
 301.505.2255
www.noexcuseworkout.net

Class Descriptions

Instructors: Jill Capn) , 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!! BANGPOWERDANCE-It's a music driven workout that takes urban **dance** and incorporates intervals of higher intensity and weighted gloves that promises top take your **dance** fitness workout to a whole new level. The format is a fusion of hip hop, Latin, aerobics, and boxing.

NEW!! KIDZFIT-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 **On Vaca**

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 **on Vaca**

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!

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.

