



WAVE GROUP X SCHEDULE – February 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday		
7:15AM	Cycling Christine	Circuit/Spin Bill	MetCon Ledly	Vinyasa Flow David	Circuit/Spin Mike		
11:15AM	*11:30-12:00 Total-Body Tabata Ledly	Circuit/Spin Mike	*11:30-12:00 Tone & Sculpt Nancy	Circuit/Spin Michelle	*11:30-12:00 Tone & Sculpt Nancy		
12:15PM	Power Yoga Monica	UP! Mike 30 min	Pilates Nancy	Power Half Mike 30 min	Pilates Nancy	Tread & Shred Mike	*12:05-12:35 Rest & Recover Ledly
5:00 PM		*5:00-5:30 Cycle RUSH Christine		*4:45-5:15 Total-Body Tabata Ledly			
5:30PM	Cycle Battle Ledly	*5:45-6:45 Vinyasa Flow David	Pilates Nancy	Cycling Christine			

All classes are **45 minutes** unless otherwise noted

Please call Wave at (617) 385-4540 beginning at 10AM the day before to sign up.

Class fee for non-members = \$20

CLASS DESCRIPTIONS

Circuit/Spin - A circuit class designed to push you in strength, cardio, and core endurance. After a 20+-minute circuit, you will be taken through a focused and challenging 20-minute ride on Wave's spin bikes.

Cycling - A stationary cycling class that applies a variety of training methods and motivational strategies. This class proves to be a challenging workout for people of all fitness levels.

Cycle RUSH – Race to the finish during this 30-minute cycling class focused on improving speed and power.

Cycle Battle - Be prepared to sweat during this high-intensity full-body circuit class, that will utilize various equipment; including Wave's spin bikes and battle ropes.

Vinyasa Flow – All-levels yoga class focused on linking breath with movement. Build strength, flexibility, and balance as you flow through dynamic sequences.

Power Yoga - A powerful, energizing combination of traditional Ashtanga and Vinyasa practices. This class is suitable for all levels and is great for building strength and flexibility.

Rest & Recover – A 30-minute restorative class that uses deep-stretching and self-myofascial release to help your body recover from the stressors of the week.

Pilates - A dynamic series of precise movements and exercises that enhance your natural alignment and elongate the muscles.

Tone & Sculpt - Low impact, light weight toning, sculpting and functional training for people of all fitness levels

UP! - Stair climbing will improve total leg strength and aerobic endurance. This class is geared to all levels of fitness. Using the stairwell in the hotel we do laps from Plaza level to the 18th floor and back down for 20 – 30 minutes. You are provided with a workout of the day to follow on your own until you are done or until time runs out.

Tread & Shred – Jumpstart your 2019 fitness goals with this combo-class, alternating between treadmill intervals and strength and endurance exercises on the floor.

Power Half - 30 minutes of continuous strength training using medium to heavy weights. Focus is on proper technique and improved strength & endurance.

MetCon - High energy metabolic conditioning circuit designed to improve your cardiovascular endurance and transform your body.

Total-Body Tabata - A dynamic total-body conditioning class using a variety of equipment including weights, bands, body weight, etc. with high intensity intervals followed by short rest breaks.