



WAVE GROUP X SCHEDULE – January 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
7:15AM	Cycling Christine	Circuit/Spin Bill	MetCon Leddy	Body Blast Nancy	Circuit/Spin Mike	
11:15AM	Stronger Leddy	Circuit/Spin Mike	*11:30-12:00 Tone & Sculpt Nancy	Circuit/Spin Michelle	*11:30-12:00 Tone & Sculpt Nancy	
12:15PM	Yoga Flow Jenna	UP! 30 min Mike	Pilates Nancy	Power Half Mike	Rest & Recover Leddy	Tread & Shred Mike
1:15PM			Yoga Sculpt Monica			
5:00 PM		*5:00-5:30 Cycle RUSH Christine		*4:45-5:15 Total-Body Tabata Leddy		
5:30PM	Cycle Battle Leddy	*5:45-6:45 Yoga 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.

Yoga Flow - A slower paced class that gives many different modifications to the traditional yoga theories of improving general flexibility, strength, relaxation and meditation.

Yoga Sculpt - A class guaranteed to raise your heart rate and define your muscles by combining the basic Yoga principles with light weights, double and triple Chaturangas and creative challenging transitions. All fitness levels welcome.

Rest & Recover - A 30-minute restorative class that uses deep-stretching and self-myofascial release to increase mobility and flexibility.

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 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/endurance exercises on the floor.

Body Blast - 45 minutes of strength training, using medium to heavy weights. Geared towards developing total body muscular strength and endurance.

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

Stronger – Compliment your cardio with this traditional full-body strength training class. Lose body fat and build a stronger, leaner body.

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.

Kickboxing – An action-packed workout that improves strength, mobility and endurance through kicking and punching combinations.