

WAVE GROUP X SCHEDULE – September 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:15AM	Cycling Katie		MetCon Leddy	Strength Cycle Leddy	Circuit/Spin Mike
11:15AM		Circuit/Spin Michelle	*11:30-12:00 Tone & Sculpt Nancy		*11:30-12:00 Tone & Sculpt Nancy
12:15PM	Power Yoga Monica	Pilates Nancy	Power Half Mike 30 min	Pilates Nancy	
	UP! Mike 30 min			Barre Monica	
5:30PM	Cycle Battle Leddy	Run Club Leddy <small>*Free for non-members</small>	Pilates Nancy	*5:15-5:45 Total-Body Tabata Leddy	
		*5:45-6:45 Vinyasa Flow David			

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.

Strength Cycle – Maximize your morning workout with this high-energy combination class that mixes strength-training with cycling intervals.

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.

Barre- Based on the original Lotte Berk Technique; participants will enjoy a full-body workout that requires little-to-no equipment. While the focus is on the entire body, special attention is paid to the core. Class is limited to 8 people and will be held in the fitness center.

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.

Run Club - Join us for a scenic run around the neighborhood. Routes vary each week, but be prepared to run up to 5 miles. Free for non-members.

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 muscular 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.