

# Tyler Athletic & Swim Club/XTC

## CLASS DESCRIPTIONS

### Booty Blast

The perfect class for the junk in your trunk! This class is about firming, toning and lifting those glutes and thighs. Core and upper body mixed in with light cardio.

### Burn\*

An all-inclusive, high octane class with cardio, weights and core training.

**\*Ticket required from the desk\***

### \*\*Cardio Kickboxing\*\*

Strike, kick, punch, jab, crunch, squat, jump, run... you get the idea. This class pretty much knocks out your muscles but leaves you feeling like a fighter!

**\*\*Kickboxing classes will be held at XTC during the month of June\*\***

### Hyper Cycle

More intense than a stationary bike, indoor cycling keeps things cool with great music and a killer class atmosphere.

### Precision Toning

A unique combination of movements designed not only to strengthen your core but to tone the entire body. The goal is to create balance where there is imbalance.

### Power Barre

An intense cardio and strength training class combined with exercises on the ballet barre that primarily focuses on isometric movements.

### Power Hour

High intensity workout with short blasts of cardio. Uses barbells, dumbbells and body weight for a full body fitness experience.

### Yoga

Improve overall well-being. Gain flexibility, balance and strength. For all fitness levels from beginners to advanced yoga practitioners.

### Zumba

Party your way into shape with this Latin inspired, calorie burning dance fitness party! Caution... may cause contagious shakin'!!!

## Schedule Begins June 5th



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>June Group Fitness Schedule</b> <i>Designed by XTC</i>					
<b>5:15am</b> <b>Burn*</b> (Andrea) <b>5:15am</b> <b>**Kickboxing**</b> (Andrew) <b>8:30am</b> <b>Power Hour</b> (Molly) <b>9:30am</b> <b>Precision Toning</b> (Molly)  <b>10:30am</b> <b>Zumba</b> (Alberto)	<b>6:00am</b> <b>Hyper Cycle</b> (Keri)  <b>9:30am</b> <b>**Women's**</b> <b>Kickboxing</b> (Tony) <b>9:30am</b> <b>Power Hour</b> (Molly)  <b>10:30am</b> <b>Zumba</b> (Alberto)	<b>5:15am</b> <b>Burn*</b> (Andrea) <b>5:15am</b> <b>**Kickboxing**</b> (Andrew) <b>8:30am</b> <b>Precision Toning</b> (Molly) <b>9:30am</b> <b>Yoga</b> (Leslie)  <b>5:30pm</b> <b>Zumba</b> (Tanya) <b>6:00pm</b> <b>**Kickboxing**</b> (Josh) <b>6:30pm</b> <b>Booty Blast</b> (Lauren)	<b>6:00am</b> <b>Hyper Cycle</b> (Keri)  <b>9:30am</b> <b>Power Barre</b> (Molly)  <b>5:30pm</b> <b>Burn*</b> (Andrea)  <b>6:30pm</b> <b>Hyper Cycle</b> (Josh)	<b>5:15am</b> <b>**Kickboxing**</b> (Andrew) <b>8:30am</b> <b>Pilates Mat</b> (Molly)  <b>10:30am</b> <b>Zumba</b> (Alberto)	<b>9:00am</b> <b>Zumba</b> (Alberto)  <b>10:30am</b> <b>Hyper Cycle</b> (Rotation)

AM

PM

**NOTE: Through the month of June, Tyler Athletic & Swim Club and XTC members will have access to all group fitness classes.**

**Kickboxing classes will be held at XTC through the end of the month.**

XTC Fitness  
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