

X4 February Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 am	STEP	Weight Work Christina/ Debbie	FittleSticks	BodyBLAST Debbie/Anne	BENCHBlast Step+Wts	BodyBOOM
10:00 am (20 min)	Ch'oga	Ground Work	Ch'oga	Ground Work	Ch'oga	
5:30 pm	FittleSticks	BENCHBlast Step+Wts	BodyBLAST Circuit	Weight Work / Body Sculpt		
6:15 pm	Hi/Lo Fitness with Jenny	YoGumba with Tami	Hi/Lo Fitness with Carmen	Yoga with Koren		

X4 Health Workout Descriptions

BENCH Blast: An interval workout that alternates between weight sets with dumbbells and cardio sets on the step. A super fun full-body workout!

BODY Blast: This functional fitness interval workout uses bodyweight to give you an amazing head-to-toe super-fun workout.

FittleSticks: Exclusive to X4, this workout is cardio meets barre for a toning workout for your legs, thighs and tush like you've never experienced before.

Ch'oga: Yoga meets leg and core work utilizing a chair to increase intensity and range of motion.

BodyBOOM: Easy-to-follow cardio moves for a great workout that not only burns a ton of calories, but includes cardio kickboxing so that you can kick and punch yourself to better health and fitness!

STEP Aerobics: Old school STEP! Yay! We're bringing it back! Whether you're an experienced Stepper or a first-timer you're going to love this workout where EVERYONE gets to control their own intensity by adjusting the height of their bench! Let's go!

Weight Work: This dumbbell workout targets every major muscle group in your body and teaches you to perform each movement with proper form and technique to get the most out of every exercise. YOU control your own intensity by choosing your resistance, your tempo, and your range of motion so that everybody can get their own perfect workout every time!

YoGumba: You won't find this brand new cardio/yoga fusion workout anywhere but at X4! Torch calories, build your strength and flexibility.

Hi(lo) Fitness: Super fun choreographed cardio where exercise is a dance party!

Yoga: Practice traditional yoga for stretching and strengthening the mind, body, and spirit.