

# X4 January Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am		Weight Work		Ground Work		BENCH Blast
9:15 am	Weight Work	Ground Work	BodyBOOM	BENCH Blast	FittleSticks	BodyBOOM
10:00 am	YoGumba		STEP		BENCH Blast	Ground Work
5:30 pm	BodyBOOM	BENCH Blast	FittleSticks	STEP		
6:15 pm	BENCH Blast	YoGumba	Weight Work	BODY Blast		

## Exclusive 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.

**Ground Work:** Once we get on the ground, we stay on the ground and WORK. Traditional abs and tush work meets yoga and pilates moves for a great workout that does it all!

**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.