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| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 5:15-6:00AM | **CYCLE & STRENGTH**  Evelyn  *\*SPIN STUDIO* |  | **CYCLE & STRENGTH**  Evelyn  *\*SPIN STUDIO* |  |  |
| 8:30:9:15AM | **TABATA**  Whitney | **HIIT**  Callee | **TABATA**  Whitney | **HIIT**  Callee | **HIIT**  Whitney/  Callee |
| AFTERNOON | | | | | | |
| 5:15-6:00PM | **BOOST** Jarod | **CYCLE & STRENGTH**  Lori  *\*SPIN STUDIO* | **BOOST** Jarod | **CYCLE & STRENGTH**  Lori  *\*SPIN STUDIO* |  |
| 7:00-8:00PM | **HIIT**  Alley |  |  | **HIIT**  Alley |  |
| CLASS DESCRIPTION | | | | | | |
| **CORE CYCLE:** Intense spin for cardio with a focus on abs incorporated.  **METCON**: Strengthen and elevate your heartrate by rotating through timed stations and exercises.  **TABATA**: Whole body workout that includes 20 seconds of training followed by 10 seconds of rest for 2 minutes intervals.  **BOOST**: Try the SuperFunctional system to maximize your workout. Each tri-plex system is based on a different category of movement to burn calories and strengthen.  **CYCLE & STRENGTH**: Spin cardio with a focus on upper body strength training.  **HIIT**: Complete body workout with both hand weights, bars, and cardio moves for high intensity interval training. | | | | | | |



**CORSICANA YMCA EFFECTIVE: January 21, 2025**

**QUEENAX ROOM & SPIN STUDIO SCHEDULE**