



**2017 SESSION 1 CLASS SCHEDULE**  
**Session dates: March 26th– July 1st, 2017**  
All CXWorx™ classes are held in the Y-Outback

revised 3.31.17

**\*What is CXWorx™?**

A 30-minute personal-training-inspired core class that's been formulated with a carefully structured, scientific approach & unforgiving intensity. It has been designed to tighten & tone the abs, glutes, back, obliques and 'slings' connecting the upper & lower body, improve functional strength and assist in injury prevention like nothing else, So CXWorx will get you results where it counts the most.

- **No class on Memorial Day**

<b>Mondays:</b>	<b>9:00–9:30am</b>	<b>Steve</b>
<b>Tuesdays:</b>	<b>5:50–6:20am</b>	<b>Diane/Melissa</b>
<b>Tuesdays:</b>	<b>6:30–7:00pm</b>	<b>Jenni</b>
<b>Thursdays:</b>	<b>9:40–10:10am</b>	<b>Steve</b>
<b>Thursdays:</b>	<b>12:10–12:40pm</b>	<b>Diane</b>
<b>Thursdays:</b>	<b>6:30–7:00pm</b>	<b>Jenni</b>
<b>Fridays:</b>	<b>7:35–8:05am</b>	<b>Diane</b>
<b>Saturdays:</b>	<b>8:25–8:55am</b>	<b>Melissa</b>

Members cost for a 14 week session when registered for a BP, SPRINT or GRIT class:  
\$21 "Drop in" \$2

Members cost for a 14 week session when **not** registered in BP, SPRINT or GRIT:  
\$26 "Drop in" \$3

General Public cost for a 14 week session when registered for a BP, SPRINT or GRIT:  
\$42 "Drop in" \$4

General Public cost for a 14 week session when **not** registered in BP, SPRINT or GRIT:  
\$52 "Drop in" \$6

Register for 2 CxWorx classes & receive the 2nd 1/2 off! Only one discount can be used at time of registration.

"Drop in's": Available based on equipment availability. Participants can get a drop in card at the service counter one hour prior to class start time in person. Payment will be taken at the time the drop in card is picked up. Drop in cards are to be picked up by the individual participating in the class only.

Questions/comments:  
Jenni Campbell, Mission Director  
Greater Marinette-Menominee YMCA  
906.863.9983 or [jenni@mmymca.org](mailto:jenni@mmymca.org)

[www.mmymca.org](http://www.mmymca.org)

TO LEARN ABOUT CXWORX™ SEE BACK

## ABOUT CXWORX™

Looking for a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body? CXWORX™ is for you!

- Based on cutting-edge scientific research
  - 30-minute format
  - Combines the best of personal training with the energy of a group fitness class
- Choreographed routines and chart-topping music that'll bring you back for more

DURATION	EXERCISE TYPE	CALORIE BURN	RESULTS
30 MINUTES	MODERATE TO HIGH INTENSITY	AVERAGE OF 230 CALORIES	TIGHTENS & TONES CORE IMPROVES FUNCTIONAL STRENGTH FOR MOBILITY & INJURY PREVENTION

CXWORX™ really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

It'll help you run faster ... play harder ... stand stronger!

## DESCRIBE A TYPICAL CLASS

### 1. WARM UP

Connects you with your core muscles and teaches you how to engage these muscles.

### 2. CORE STRENGTH 1

Increases the challenge on your lower and upper abs, and begins activating your muscular slings.

### 3. STANDING STRENGTH 1

Trains your glutes, abs & sling muscles in standing, and improves your awareness of how these muscles function in daily activities.

### 4. STANDING STRENGTH 2

Increases the demands on your glutes, using squat and hip pulse moves.

### 5. CORE STRENGTH 2

Trains your obliques in three patterns of movement—laying twists, side hovers and mountain climbers in a plank position. This is “superset” core training.

### 6. CORE STRENGTH 3

Brings your focus to the back muscles to improve trunk extension.

## SO WHAT'S NEXT?

Go for it! If you need more information talk to your instructor or visit [lesmills.com/cxworx](http://lesmills.com/cxworx)