

GROUP X CLASS SCHEDULE

FALL
2023

MONDAY

7 AM - 8 AM

BE FIT FOR REAL "BFFR"

11 AM - 12 PM

THE BODY LAB

12 PM - 1 PM

GLOW & GROW

1 PM - 2 PM

LEGS WITH LEX

3 PM - 4 PM

NEXT LEVEL FITNESS

4 PM - 5 PM

PLACE OF POWER

6:30 PM - 7:30 PM

NO LIMIT FITNESS

TUESDAY



4 PM - 5 PM

PLACE OF POWER

5 PM - 6 PM

**STEP AROUND THE
CLOCK**

6 PM - 7 PM

FIT FACTORY

7 PM - 8 PM

LEGS WITH LEX

WEDNESDAY

8 AM - 9 AM

BE FIT FOR REAL "BFFR"

9 AM - 10 AM

FIT FACTORY

12 PM - 1 PM

GLOW & GROW

2 PM - 3 PM

**STEP AROUND THE
CLOCK**

3 PM - 4 PM

NEXT LEVEL FITNESS

4 PM - 5 PM

BAK N MOTION

THURSDAY

2 PM - 3 PM

FIT FACTORY

3 PM - 4 PM

NEXT LEVEL FITNESS

4 PM - 5 PM

THE BODY LAB

5 PM - 6 PM

BAK N MOTION

6 PM - 7 PM

**STEP AROUND THE
CLOCK**

7 PM - 8 PM

LEGS WITH LEX

FRIDAY



12 PM - 1 PM

GLOW & GROW

1 PM - 2 PM

LEGS WITH LEX

4 PM - 5 PM

THE BODY LAB

5 PM - 6 PM

NO LIMIT FITNESS

FOLLOW US FOR UPDATES



@ncatcampusrec

GROUP X CLASS DESCRIPTIONS

FALL
2023

BAK N MOTION *Core/Abs*

Embrace yourself through core exercises and aerobic dances.

PLACE OF POWER *Full Body & Weights*

High-intensity full-body workouts.

THE BODY LAB *Cardio & Full Body*

Cardio, entire body, and stomp and shake cheer drills.

STEP AROUND THE CLOCK *Full Body*

"Nothing but Glutes"

An up-tempo step aerobics class on leg, body, and core. Glute activation focused on core, stability, and balance.

NEXT LEVEL FITNESS *Weight Training*

Weighted and body weight exercises, with abs/core stretching.

FIT FACTORY *Strength Training*

Strength and conditioning with an emphasis on mind, body, and soul connection.

LEGS WITH LEX *Legs*

Strength training focused on lower body, form, and tips.

NO LIMIT FITNESS *Full Body*

Full-body HIIT class that will boost endurance and gain physical strength.

GLOW & GROW *Yoga*

A Fun, Exploration, and Expansion of stretching, dancing, and Yoga into a true form of meditation.

BE FIT FOR REAL "BFFR" *Strength Training*

Strength training focused on form and fundamentals.

FOLLOW US FOR UPDATES

 @ncatcampusrec