

MURPHY - MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GEAR 5:30 AM Express 8:30 AM 360 9:15 AM Core 10:15 AM 360 5:15 PM	 Express 8:30 AM 360 9:15 AM GEAR 6:00 PM	Express 5:30 AM Express 8:30 AM Core 9:00AM GEAR 9:15 AM	360 5:30 AM Express 8:30 AM 360 9:15 AM	 Express 8:30 AM 360 9:15 AM	 GEAR 9:15 AM	

CLUB4

LOCATIONS IN AL, MS, LA, TN, TX
 CLUB4FITNESS.COM



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EXPRESS

360Express class, which is a 30-minute format that has 10 rotating stations around the 360 Synergy and follows Tabata timing so work, and rest timing will vary from class to class. 360Express have a daily focus on either Dynamic vs. Isolated, Upper vs. Lower, High Intensity vs. Low Intensity, Push vs. Pull and Cardio vs. Strength. Each workout is custom written for each program and are taught in a small group setting that allows our team of talented coaches meet the needs of each member, no matter the injury, experience level or condition.



Club360 class gives you 60 minutes of focused work for Conditioning, 2 Lifting days, Gymnastics (bodyweight training) and Mixed Conditioning. Each workout is custom written for each program and are taught in a small group setting that allows our team of talented coaches meet the needs of each member, no matter the injury, experience level or condition.



GEAR

360GEAR is an interval-based workout that is done both on and off the bike in a small group setting to uplifting music. You will ride sprints, climb hills, work jumps, and build muscle off the bike using dumbbells and body weight. Each workout is custom written for each program and are taught in a small group setting that allows our team of talented coaches meet the needs of each member, no matter the injury, experience level or condition.

CORE

It is a 30-minute Strength-based class that focuses on the core, which is everything from your shoulders to your glutes. You will use Dumbbells, Kettlebells, Medicine Balls, Loops, Resistance Bands, bodyweight, and mats to help strengthen the muscles in and around the torso that help move, support, stabilize the spine, trunk, and pelvis. Each workout is custom written for each program and are taught in a small group setting that allows our team of talented coaches meet the needs of each member, no matter the injury, experience level or condition.