

November 2022

Group Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	6:45am - 7:30am BOOTCAMP		6:45am - 7:30am BOOTCAMP	
12:00pm - 12:45pm YOGA Stacy	11:00am - 11:45am BOOTCAMP 11:00am - 11:45am BOOTCAMP	12:00pm - 12:45pm SPIN Keishia	11:00am - 11:45am CIRCUIT TRAINING 11:00am - 11:45am CIRCUIT TRAINING	12:00pm - 12:45pm YOGA Stacy 12:00pm - 12:45pm SPIN Pilar
	4:30pm - 5:15pm CIRCUIT TRAINING		4:30pm - 5:15pm BOOTCAMP	

LOCATIONS: GO / MBC

Class Descriptions

Boot Camp: Total body workout improves strength and cardiovascular fitness using intervals

Circuit Training: A little cardio mixed with weights to challenge all fitness levels

Spin: A cardio blast involving the spin bikes that'll be sure to get your heart pumping!

Yoga: Gentle yoga for strength and range of motion.