

GROUP FITNESS SCHEDULE

Valid from April 22nd - July 1st, 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 AM	Cardio- Step Bianca 45 min	GETStrong Bianca 60 min		HIIT Tallon 60 min		
10:30 AM	Mindfulness Bianca 30 min	Mobilize Bianca 30 min			Mobilize Brooke 30 min	
5:30 PM		GETStrong Tallon 60 min		HIIT Tallon 60 min		
6:30 PM						

Get Strong

The focus of this class is to increase your strength, so you can take on anything life throws your way. Step outside of your comfort zone & become your strongest self!

HIIT

Looking to take your fitness to the next level? This class will not only help burn a few extra calories, elevate that heart rate, but most importantly make your workout fun!

Mobilize

Join one of our certified therapists and spend 30 min improving your mobility. It is a great way to work on those tight areas & a great mid day break if you spend a lot of time behind a desk!

Cardio- Step

Cardio step is a 45 min blast from the past focusing on increasing your cardiovascular strength featuring the Step! Get your heart pumping and spice up your fitness routine with this awesome cardio workout.

Mindfulness

Slow the day down and reset yourself with this class! Mindfulness will focus on taking a step back and giving your mind the rest it needs. Time moves fast enough, let's try to slow the mind down and find daily peace!

Functional Area

Group Ex Room