

# GROUP FITNESS SCHEDULE

Valid from October 21st- November 30th

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 AM	<b>Cardio- Step</b> Bianca 45 min	<b>GETStrong</b> Bianca 60 min		<b>GETStrong</b> Bianca 60 min		
10:30 AM	<b>Mindfulness</b> Bianca 30 min	<b>Mobilize</b> Bianca 30 min		<b>Mobilize</b> Bianca 30 min		
5:30 PM	<b>GETStrong</b> Bianca 60 min		<b>GETStrong</b> Bianca 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