VIRTUAL GROUP EXERCISE SCHEDULE

MONDAY

7AM&6PM
HIIT
BURSTS OF HIGH
INTENSITY EXERCISE
FOLLOWED BY PERIODS
OF REST

TUESDAY

PERSONAL TRAINING
DAY
NO GROUP EXERCISE

WEDNESDAY

7AM&6PM STRENGTH OF 45 MINUTES DEDICATED TO BUILDING FOUNDATIONAL STRENGTH

EVERY FITNESS LEVEL WELCOME IN EVERY CLASS

YOUR FIRST CLASS IS FREE!

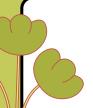
WE ALSO
OFFER
VIRTUAL
PERSONAL
TRAINING

THURSDAY

6PM
OUTDOOR (WALKING)
HAPPY HOUR
MEET UP AND WALK
TOGETHER!

FRIDAY

7AM
BUTTS&GUTS
AMPED UP FOCUS
ON CORE, BALANCE
AND STABILITY



FITNESS WHERE YOU ARE