

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

THURSDAY

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

FRIDAY

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

EVERY
FITNESS
LEVEL
WELCOME IN
EVERY CLASS

YOUR FIRST
CLASS IS
FREE!

WE ALSO
OFFER
VIRTUAL
PERSONAL
TRAINING

FITNESS WHERE YOU ARE