

JANUARY & FEBRUARY GROUP FITNESS

Monday

Strength Express
6:30-7:00
Matt

Pilates
11:30-12:15
Anna

Tuesday

Total Body Pump
6:30-7:15
Matt

Total Body Pump
11:30-12:15

Vinyasa Yoga
12:30-1:15
Erica

Wednesday

TRX, Ropes, and
Med Balls
11:30-12:15
Matt

Vinyasa Yoga
12:30-1:15
Paula

Thursday

BURNOUT
Bootcamp
6:30-7:15
Matt

Cardio & Core
Blast
11:30-12:05

Yoga Sculpt
12:30-1:15
Anna

Friday

Strength +
Core & More
11:30-12:15
Sarah

