

NOVEMBER 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
Breanna

Vinyasa Yoga
12:30-1:15
Paula

Wednesday

TRX, Ropes, &
Med Balls
11:30-12:05
Matt

Vinyasa Yoga
12:30-1:15
Paula

Thursday

Functional Strength
Training
6:30-7:15
Matt

Cardio
& Core Blast
11:30-12:05
Breanna

