

OCTOBER 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

Wednesday

Cardio Kickboxing
6:30-7:05
Paula

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
Breanna

Vinyasa Yoga
12:30-1:15
Anna

Friday

Pilates
11:30-12:15
Emma

