



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		7:00-7:30am Total Body 30 Caroline			
					HIIT 50/50 9:00 to 9:45am Brigitte
12:10 to 12:55pm Yoga Caroline	12:10 to 12:55pm Total Body 45 Brigitte	12:10 to 12:55pm Yoga Delores	12:10 to 12:55pm Total Body 45 Brigitte		
5:15 to 6:00pm Power 45 Brigitte	5:00 to 5:45pm Tabata Fit Brigitte		5:00 to 5:45pm Tabata Fit Brigitte		

ALL SUMMER CLASSES ARE VIRTUAL.

*There is potential for some classes to become HYBRID once again. We will provide updates throughout the summer.

HIIT 50/50 - If you want a complete workout, this class is for you! It's 50% cardio, 50% weight training, and 100% fun! Exercises include plyometrics, agility, core and strength moves for a non-stop pace that will work every muscle group. Come prepared to raise your heart rate, burn fat and torch calories with the afterburn. All fitness levels welcome!

POWER 45 - Combining full-body strength training moves with high intensity cardio bursts designed to tone your body, improve your endurance and enhance your well-being. Get and keep your heart rate up and burn more calories in less time!

TABATA FIT - Looking for a challenge? Try this total body system workout that incorporates high intensity exercise bouts with short rest intervals. Only 45 minutes makes it easy to fit in to your life.

TOTAL BODY 45 - A high intensity interval training (HIIT) class, alternating between short periods of strength and cardio exercises. This class works the whole body and is exciting, fun and quick to do. Increase your fitness level, build lean muscle, burn calories, and increase energy.

YOGA - This combines different Yoga styles and stretches to improve your strength, flexibility, balance and peace of mind. The perfect break in your day to leave you feeling calm and refreshed. *Different instructors may offer different class structures.