Group Exercise Schedule

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| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  |  |  |  | 9:15AM  LADIES WHO LIFT  ALYSIA |  |
|  | 5:30PM  CORE & ABS  ALYSIA |  |  |  | 12:30PM  CORE& ABS  JALAL |  |
|  | 8PM  YOGA  MIKE GAMBLE |  |  |  | 3:30PM  YOGA  MIKE GAMBLE |  |

**LADIES WHO LIFT**-The workout is designed to burn stored fat while increasing lean muscle. The exercises chosen are those proven to burn the most fat in the least amount of time. If you are looking to lean down, this 30 minute workout is the quickest way to achieve your goal! Exercises are modifiable to create a workout that fits your level of ability.

**Yoga**-Come experience relief from stress by engaging in introductory poses that flow together to help stretch & strengthen your body. The benefits of yoga include detoxifying your body, relieving pain associated with daily stress while increasing lean muscle & burning fat.

**CORE & ABS**- These classes are here to build and challenge your core strength. Jam packed with fun movements that are for every fitness level!

\*Classes are available to Signature and Premium Memberships or Guests are $10 for day pass and class Updated 6/14/17