

November Group Exercise Schedule



2017

Class Descriptions:

TOTAL STRENGTH 60 MIN: A powerful, focused workout devoted to developing muscular strength & endurance to reshape your body.

CORE CONDITIONING 45 MIN: Strength exercises that focus on toning & conditioning the abdominal & lower-back muscles

STRENGTH FLOW YOGA 60 MIN: vinyasa class with fast flow focusing on strength

LUNCHTIME YOGA 60 MIN: all level class designed to rejuvenate & energize during the lunch hour

MONDAY/FRIDAY MORNING BOOTCAMP 45 MIN: Combination of high intensity intervals & strength-building exercises

TOTAL STRENGTH 60 MIN: Powerful focused workout devoted to developing muscular strength, endurance & body shape.

VINYASA FLOW YOGA 60 MIN: Stoke internal fire - awaken strength, energy, & flexibility in a fun atmosphere., links breath with mindful flow.

30 MIN GROUP TRAINING SESSION - 30 MIN: Workout with Cody Leach in this motivating group personal training session. No Commitment Required. ****SPECIAL CLASS \$10/class**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3	4
				6:30 AM - 60 Min. Group Training - (\$15) 6:30 PM - Core Conditioning	9:30 AM - Total Strength 12:00 PM - Lunchtime Yoga	6:30 AM - 60 Min. Group Training - (\$15) 8:00 AM - Friday Morning Bootcamp	No Class
	5	6	7	8	9	10	11
No Class		6:30 AM - 60 Min. Group Training (\$15) 9:00 AM - Monday Morning Bootcamp	9:30 AM - Total Strength 12:00 PM - Lunchtime Yoga 6:00 PM - Strength Flow Yoga	6:30 AM - 60 Min. Group Training - (\$15) 6:30 PM - Core Conditioning	9:30 AM - Total Strength 12:00 PM - Lunchtime Yoga 7:00 PM - 30 Min. Group Training - (\$10)	6:30 AM - 60 Min. Group Training - (\$15) 8:00 AM - Friday Morning Bootcamp	No Class
	12	13	14	15	16	17	18
No Class		6:30 AM - 60 Min. Group Training (\$15) 9:00 AM - Monday Morning Bootcamp	9:30 AM - Total Strength 12:00 PM - Lunchtime Yoga 6:00 PM - Strength Flow Yoga 7:00 PM - 30 Min. Group Training - (\$10)	6:30 AM - 60 Min. Group Training - (\$15) 6:30 PM - Core Conditioning	9:30 AM - Total Strength 12:00 PM - Lunchtime Yoga 7:00 PM - 30 Min. Group Training - (\$10)	6:30 AM - 60 Min. Group Training - (\$15) 8:00 AM - Friday Morning Bootcamp	No Class
	19	20	21	22	23	24	25
No Class		6:30 AM - 60 Min. Group Training (\$15) 9:00 AM - Monday Morning Bootcamp	9:30 AM - Total Strength 12:00 PM - Lunchtime Yoga 6:00 PM - Strength Flow Yoga 7:00 PM - 30 Min. Group Training - (\$10)	6:30 AM - 60 Min. Group Training - (\$15) 6:30 PM - Core Conditioning	SPECIAL GYM HOURS - 9am - 1 pm	6:30 AM - 60 Min. Group Training - (\$15) 8:00 AM - Friday Morning Bootcamp	No Class
	26	27	28	30			31
No Class		6:30 AM - 60 Min. Group Training (\$15) 9:00 AM - Monday Morning Bootcamp	9:30 AM - Total Strength 12:00 PM - Lunchtime Yoga 6:00 PM - Strength Flow Yoga 7:00 PM - 30 Min. Group Training - (\$10)	6:30 AM - 60 Min. Group Training - (\$15) 6:30 PM - Core Conditioning			