



# Current Fitness Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15AM	Dance Connection Janet	Total Body Janet			Total Body Strength Nicole	
8:30AM			Dance connection Janet			20/20/20 Tricia
9:00AM	<b>**NEW**</b> HIIT Circuit Tricia				<b>**NEW**</b> HIIT Circuit Tricia	
9:15AM	Total Body Strength Nicole		Total Body Strength Nicole			
9:30AM						<b>**NEW**</b> Piyo with Tricia
10:00AM	Yoga Level 1 Tricia	PiYo Tricia			Full Body Blast Tricia	
10:15AM			Butts and Guts Heather			
10:30AM	30 Minute Circuit (machines)-Julie			<b>30 Minute Circuit</b> (machines)-Julie		
11:00AM		Total Tone Heather				<p><u>Crush Training:</u> This strength program was designed by our program design team to give you the benefits of a full body metabolic workout in a group setting. These types of workouts are designed to burn calories and build lean body mass to boost your metabolism. Everyone can go at your own pace but you should push yourself a little more than you did the week before. <b>**Crush Training is only \$40* per month</b></p>
5:30PM	30 Minute Circuit (machines)-Julie	Boot Camp Janet	30 Minute Circuit (machines)-Julie		Booty Camp Heather	
6:00PM	Group Personal Training <b>CRUSH TRAINING</b>					
6:30PM		A Perfect Blend Mary				
7:00PM	Zumba Jen		Zumba Jen	Group Personal Training <b>CRUSH TRAINING</b> <b>LITE</b>		
7:30PM		Group Personal Training <b>CRUSH TRAINING</b> <b>LITE</b>				
7:30PM						