

MAY

Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 - 9:30	SoulSpin		SoulSpin			
12:00 - 1:00	Circuit Training		HITT to FIT		Freestyle Friday	
5:30 - 6:30pm	CoreFit	SoulSpin	BROGA	SoulSpin		

**** **SoulSpin** - Climb, sprint, jump and SWEAT to the beat of the music for 45 minutes. Then 15 minutes of cycling specific yoga to cool down.

**** **CoreFit** - Strength and conditioning with constantly varied functional movements performed at high intensity. For people of all shapes and sizes that want to improve their physical well-being, cardiovascular fitness, and muscular endurance.

**** **BROGA** - Balance, STRENGTH, & Flexibility in a 60 minute vinyasa yoga flow - 60 to 75 minutes

**** **Circuit Training** - A form of body conditioning using high intensity while targeting strength building.

**** **HITT to FIT** - High Intensity Interval Training...Come get Fit.

**** **Freestyle Friday** - Come one, come all. Kick your weekend off with a little fitness.