

AEROBICS & INDOOR CYCLE SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0600	INDOOR CYCLE With Will					
0800			WATER AEROBICS AQUA - AEROBICS With Mary Pat			YIN YOGA With Dana
1130					BOOTCAMP BLAST With Jenn	SOMATIC MOVEMENT YOGA With Dana 0910
1515	HIIT With Lori		HIIT With Lori	INDOOR CYCLE With Lori		
1630						
1700	ZUMBA With Calvin 1745	INDOOR CYCLE With Valerie	ZUMBA With Calvin 1745			
1815		MIXXEDFIT With Jacque		MIXXEDFIT With Jacque		

BOOTCAMP BLAST: Mid to high intensity body weight exercise combined with interval and strength training. This high calorie burning class is designed to push you to the max!

HIIT: This “High Intensity Interval Training” offers a total body workout blending cardio and resistance! It’s high energy, challenging and fun! (Note: all levels can enjoy HIIT with modification options for any plyometric and power moves)

INDOOR CYCLING: Join us for a cardio biking adventure -- bring a towel and water to hydrate through the ride!

MIXXEDFIT: Explosive dance moves with boot camp toning! Featuring simple choreography & a focus on fitness.

FEEDBACK WELCOME! Email Naviere at navfit402@gmail.com