



## Class schedule and times!!!

### MONDAY

**REFIT 5pm - 6pm** Fitness for all sizes, shapes and ages. Body rockin workouts, cardio, toning, flexibility. Fitness with a purpose, fitness can change lives inspire people to live with a greater impact. **Kacy Kishpaugh**

### TUESDAY

**SUNRISE CIRCUIT BLAST 5:30 - 6:30am** This dynamic class is full of cardiovascular, muscular endurance and strength training stations into a routine that is enjoyable, accessible for all fitness levels and highly effective. Circuit training is an excellent way to improve mobility, strength and stamina. Workout can be adjusted to suit age, fitness and health of participant. **Rob Avants**

**YOGA 9am - 10am Yoga** Join class for an hour of deep stretching for your flexibility, balance, and relaxation. This is a basic classic hatha yoga class and will include energizing deep breathing techniques for body and mind. Beginners welcome. **Nina Bradford**

**CIRCUIT BLAST 6pm – 7pm** This dynamic class is full of cardiovascular, muscular endurance and strength training stations into a routine that is enjoyable, accessible for all fitness levels and highly effective. Circuit training is an excellent way to improve mobility, strength and stamina. Workout can be adjusted to suit age, fitness and health of participant. **Rob Avants**

### WEDNESDAY

**Power Shred Abs 6:00am-6:30am** Strength training your abs. High interval ab work out. Get ready to burn!. **Rob Avants**

**REFIT 5pm - 6pm** Fitness for all sizes, shapes and ages. Body rockin workout, cardio, toning, flexibility. Fitness with a purpose, fitness can change lives, inspire people to live with greater impact. **Kacy Kishpaugh**

**YOGA 6pm - 7pm** Join class for an hour of deep stretching for your flexibility, balance, and relaxation. This is a basic classic hatha yoga class and will include energizing deep breathing techniques for body and mind. Beginners welcome. **Nina Bradford**

### THURSDAY

**SUNRISE CIRCUIT BLAST 5:30am-6:30am** This dynamic class is full of cardiovascular, muscular endurance and strength training stations into a routine that is enjoyable, accessible for all fitness levels and highly effective. Circuit training is an excellent way to improve mobility, strength and stamina. Workout can be adjusted to suit age, fitness and health of participant. **Rob Avants**

**Power Shred Abs 6:00pm-6:30pm** Strength training your abs. High interval ab work out. Get ready to burn!. **Rob Avants**