



# Team Fitness Challenge

## Designated Classes



### Designated Classes Starting Friday, February 23rd!

Minimum of 4 Designated Classes per person, over the 12 weeks needed to qualify for the Grand Prize

\*Limit of 1 class per week, Fri-Thur. Be sure to sign up for classes online or the app.

#### **Sunday:**

Dance Fitness 2:00 pm Group Ex Room  
Yoga Plus 3:30 pm Group Ex Room

#### **Monday:**

Hard Core 5:45 am Group Ex Room  
Cycling 5:45 am Cycling Room  
Power Flow Yoga 10:30 am Group Ex Room  
ABB Attack 5:30 pm Group Ex Room  
Zumba 7:00 pm Group Ex Room

#### **Tuesday:**

Cycling 5:35 am Cycling Room  
Kettlebell Circuit 10:30 am Group Ex Room  
Zumba 7:00 pm Group Ex Room

#### **Wednesday:**

Cycling 5:35 am Cycling Room  
Cycling 9:30 am Cycling Room  
Kick and Tone 6:00 pm Group Ex Room

#### **Thursday:**

Cycling 5:35 am Cycling room  
NIA 8:00 am Group Ex Room  
Kettlebell Circuit 10:30 am Group Ex Room  
Kettlebell 5:30 pm Multipurpose Room  
Zumba 6:00 pm Group Ex Room

#### **Friday:**

Pilates Express 7:00 am Group Ex Room  
Balance & Mobility 10:30 am Group Ex Room  
Barre Strength 5:30 pm Group Ex Room

#### **Saturday:**

Yoga 7:15 am Group Ex Room  
Beginner Cycle 11:00 am Cycling Room  
Pilates 11:30 am Group Ex Room

#### **Saturday March 10<sup>th</sup>:**

Nutrition Seminar with Cory 12:00 noon