

PIVOT FITNESS GROUP EXERCISE SCHEDULE

October -
December

	Monday	Tuesday	Wednesday	Thursday	Friday
10:30 -10:35 AM			Virtual Meditation		Virtual Stretch Refresh
11:30- 12:00 PM			Bands and Bars	Tabata Cardio Kickboxing	
12:15 - 12:45pm	Mobility & Stretching	Strength Training w/ Brooks			

Class	Descriptions
Mobility & Stretching	Mondays are for Mobility!! Start off the week by loosening up your body with mobility flows followed by static stretching.
Strength Training	A challenging workout that is sure to get your blood flowing and muscles pumping using weights and various equipment.
Bars & Bands	In this class we will utilize bands and body bars for a great workout that will focus on strength, resistance training, and some cardio.
Tabata Kickboxing	Tabata is usually 20 seconds of work followed by 10 seconds of rest- we will implement kickboxing moves for a cardio based class.