



# PIVOT FITNESS GROUP EXERCISE SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
10:30 -10:35 AM			Virtual Meditation		Virtual Stretch Refresh
11:30- 12:00 PM			Butts and Guts	Bootcamp with Lee	
12:15 - 12:45pm	Yoga	3-2-1			

Class	Descriptions
Yoga	Start the week off right with this yoga class that will leave you feeling ready to take on the remainder of the work day.
3-2-1	Challenge yourself with 3 minutes of cardio, 2 minutes of strength and 1 minute of core in repetitive cycles. You will torch calories and get results! Get ready to sweat in 3-2-1!
Butts and Guts	Intense workout to strengthen your legs, glutes and core. Focus on working these muscles using weights, stability balls, your own body weight and more.
Bootcamp	A challenging workout that is sure to get your blood flowing and muscles pumping using weights and various equipment.