

**PIVOT
FITNESS**



Monday

Tuesday

Wednesday

Thursday

Friday

Virtual Stretch
Refresh
10:30-10:35

Virtual Stretch
Refresh
10:30-10:35 AM

3,2,1
11:30-12:00 PM

Cross-Training
11:30-12:00PM
(With Breanna)

Butts and Guts
12:15-12:45PM

Dance Fitness
12:15- 12:45PM

**JANUARY-MARCH
GROUP FITNESS
SCHEDULE**

Class

Descriptions

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!

Cross-Training

A challenging workout that is sure to get your blood flowing and muscles pumping using weights and various equipment. This class will keep you moving through circuits with minimal rest in between."

Dance Fitness

Get ready to sweat and have some fun! Dance Fitness is a mix of bodyweight exercises and exciting dance moves to the beat of popular songs.

Butts & Guts

Intense workout to strengthen your legs, glutes and core. Focus on working these muscles using weights, bands, your own body weight and more.