

**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  
(Virtual and In-Person)

Full Body Pump  
11:30-12:00PM  
(In-Person)

Butts and Guts  
12:15-12:45PM  
(In-Person)

Dance Fitness  
12:15- 12:45PM  
(In-Person)

November  
GROUP FITNESS  
SCHEDULE

**Class**

3 - 2 - 1

Full Body Pump

Dance Fitness

Butts & Guts

**Descriptions**

*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!*

*Strengthen and tone your muscles with this new strength class that will offer a variety of exercises and class formats.*

*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.*

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