

PIVOT FITNESS

July-Sept.

Group Exercise
Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
10:30 -10:35 AM	Core Break		Virtual Meditation		Virtual Stretch Refresh
11:30 - 12:00 PM		Step Aerobics		Tabata Cardio	
12:15 - 12:45pm	Total Body Blast		Curcuit Training		

Class	Descriptions
Tabata Cardio	Tabata training breaks a workout down into intervals – typically, 20 seconds of a push-it-to-the-limit exercise followed by 10 seconds of rest. This class will get your heart pumping and can help increase aerobic capacity.
Curcuit Training	Circuit training is a fast-paced class in which you do one exercise for 30 seconds to 5 minutes and then move on to another exercise/station. This class will use a lot of differnet equipment including the TRX, resistant bands, and bosu balls.
Step Aerobics	Step is a classic cardio workout that uses a step that you step up, down, and around. All levels are welcome. * Please note steps are limited, come early to secure your spot!*
Total Body Blast	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 with minimal rest in between.