

**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)

**NEW SCHEDULE
Starting 11/7/22**

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.