

PIVOT FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday
10:30 -10:35 AM			Virtual Stretch Refresh		Virtual Stretch Refresh
11:30 - 12:00 PM	Upper Body Blast	3-2-1 (virtual +in=person)		Tabata	
12:15 - 1:00pm		Yoga	Butt & Guts		



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!
Butts and Guts	<i>Intense workout to strengthen your legs, glutes and core. Focus on working these muscles using weights, stability balls, your own body weight and more.</i>
Tabata	Tabata consists of 20 seconds of exercise followed by a 10 second rest. It can be a mix of cardio, core, and strength.
Upper Body Blast	Strengthen and tone your upper body and core in this invigorating class using body weight, dumbbells and more!
Yoga	This class will take you through a variety of stretches and poses to promote strength & flexibility.