

PIVOT  
FITNESS



Monday

11:30 - 12:00 pm

3 - 2 - 1

(in-person +  
[virtual on Zoom](#))

[click above to get the link](#)

Tuesday

11:30 - 12:00 pm

Arms & Abs  
(in-person)

Class

3 - 2 - 1

Arms & Abs

Lower Body Blast

Wednesday

6:30 - 7:00 am

Arms & Abs  
(in-person)

9:30 - 9:35 am

Stretch Refresh  
([virtual on Zoom](#))

[click above to get the link](#)

Thursday

11:30 - 12:00 pm

Lower Body Blast  
(in-person)

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 upper body and core in this invigorating class using body weight, resistance bands, dumbbells, and more!

An intense workout to strengthen your legs, glutes and core. Focus on working these muscles using hand weights, body bars, stability balls and your own body weight.

Friday

9:30 - 9:35 am

Stretch Refresh  
([virtual on Zoom](#))

[click above to get the link](#)

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January 3  
-  
February 28  
GROUP  
FITNESS  
SCHEDULE