

**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

Upper Body Blast
(in-person)

Wednesday

10:30 - 10:35 am

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

click above to get the link

12:15 - 12:45 pm

Butts & Guts
(in-person)

Thursday

11:30 - 12:00 pm

Tabata (in-
person)

Friday

10:30 - 10:35 am

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

click above to get the link

Class

3 - 2 - 1

Upper Body Blast

Tabata

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

Tabata consists of 20 seconds of exercise followed by a 10 second rest. It can be a mix of cardio, core, and strength.

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

June 1st -
August 31st

GROUP FITNESS
SCHEDULE