

**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)

Wednesday

10:30 - 10:35 am

Stretch Refresh  
(virtual on Zoom)

click above to get the link

12:15 - 12:45 pm

Bands & Bars  
(in-person)

Thursday

11:30 - 12:00 pm

Lower Body Blast  
(in-person)

Friday

10:30 - 10:35 am

Stretch Refresh  
(virtual on Zoom)

click above to get the link

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April 4

May 26

GROUP  
FITNESS  
SCHEDULE

Class

3 - 2 - 1

Arms & Abs

Bands & Bars

Lower Body Blast

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!

Grab your resistance bands & weighted bars! This total body strength class will use these two pieces of equipment to increase strength in new ways!

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