

# Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Bootcamp 7:45a.m.– 8:15a.m.		AM Stretching 7:00a.m.– 7:30a.m.
PM Stretching 12p.m.– 12:30p.m	Body Shop 12– 12:30p.m.	Core Class 12– 12:30p.m.	Bootcamp 12– 12:30p.m.	

## Class Descriptions

**Core class:** A 30-minute class to strengthen and tone your abs and back. Develop a strong core to facilitate total body strength and posture goals.

**Body Shop:** Enhance your total body strength with simple equipment and your own body weight in this 30-minute strict strength session performing weighted and non-weighted exercises.

**AM/PM Stretch:** Relieve tightness and tension with a 30-minute stretch. You'll be guided through a sequence of movements and stretches designed to promote tension release and relaxation.

**Bootcamp:** Take 30 minutes for this mix of aerobic, strength training and speed elements in varying intensities.