

# GROUP X CLASSES

## Group X - Class Description:

**Barre** – A full body workout using low impact movements. We work deep into the muscle with our small range movements, isometric holds and large range movements, working your muscles to the point of fatigue. This class is guaranteed to lean you out and tighten all your muscles!

**Band** – Taking the barre class next level by adding resistance bands to challenge every muscle for a full body workout!

**Pilates Fusion**- This class was designed by our top instructors. This class will take you through mat pilates work focusing on the core as well as strength exercises to strengthen your entire body.

## NOV/DEC 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15 AM	PILATES FUSION Kari		BARRE Kari		PILATES FUSION Kari		
9:00 AM							
10:15 AM		BARRE Jill		BARRE Kari			
12:00 PM							
4:30 PM		45 min BARRE Kari		45 min BARRE Kari			
6:00 PM							
7:00 PM							