



**JUNE**

# Viva Verna Schedule

# 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 AM - 7:10 AM	<b>NEW!</b> Boot Camp Kevin	Yoga Kristin	Barre Jill	Yoga Kristin	Sculpt Jill
7:20 AM - 8:00 AM	Sculpt Kevin	Sculpt Mark	Cycle Jill	Sculpt Jill	Cycle Jill
11:30 AM - 12 PM	<b>30 MIN</b> H.I.I.T. Monika	<b>30 MIN</b> Tabata Training Amber	<b>30 MIN</b> <b>NEW!</b> Cycle Kari	<b>30 MIN</b> H.I.I.T. Amber	<b>30 MIN</b> Sculpt Peter
12:15 PM - 1:05PM	Zumba Monika	Yoga Andrea	Cardio Kick Boxing Christy	Boot Camp Amber	Boot Camp Peter
5:30 PM - 6:25 PM	Boot Camp Kevin	Cycle Erin	Buti Yoga Lynn	Cycle Peter	
6:30 PM - 7:25 PM	Cardio Blast Peter	Barre Erin	Boot Camp Kevin	Sculpt Kevin	

**Facility Hours:**  
6am - 8pm  
Monday - Friday

**One on One Personal Training now Available!**  
30 or 60 minute sessions on site. Call for FREE consultation

**Chico's Employees**  
Receive discount for off-site  
classes at Kari Kardio!



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