



MAY

Viva Verna Schedule

2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 AM - 7:10 AM	NEW! Boot Camp Kevin	Yoga George	Barre Jill	Yoga TBA	Sculpt Jill
7:20 AM - 8:00 AM		Sculpt TBA	Cycle Jill	Sculpt Jill	Cycle Jill
11:30 AM - 12 PM	30 MIN H.I.I.T. Michelle	30 MIN Tabata Training Amber	30 MIN H.I.I.T. Michelle	30 MIN H.I.I.T. Michelle	30 MIN Sculpt Peter
12:15 PM - 1:05PM	Strong by Zumba Rebecca	Yoga Andrea	NEW! Cardio Kick Boxing Michelle	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 Michelle	

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!



Kari Kardio

The Ultimate Cardio Experience!

239-208-9544

KariKardio.com