



Group Fitness Schedule Block 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:00 – 11:50 am	Fit 4 Life <i>Christina, rec gym</i>		Fit 4 Life <i>Christina, rec gym</i>		Fit 4 Life <i>Christina, rec gym</i>
1:30– 2:30 pm	Boxing Adam		Boxing Adam		Boxing Adam
4:15 – 5:15 pm	Total Body Strength <i>Ella</i>	Cardio Blast <i>Ella</i>	Yin Yoga <i>Misty</i>	Body Weight Burner <i>Ella</i>	
5:30 – 6:45 pm	HIIT <i>Ellie</i>		HIIT <i>Ellie</i>		
6:30 pm	<i>Caprese Trout Running Club</i>		<i>Caprese Trout Running Club</i>		

- Class formats aim to serve ability and skill levels. Participants should always consult your physician prior to starting any exercise program.
- Only Fit 4 Life and the Caprese Running Club will be held all 4 weeks. No other classes are led during 4th week.
- *Caprese Trout Running Club* – meets at the north entrance of the AFP Fitness Center.