

Spring Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 AM CONTACT KICKBOX/ CORE				9:15 AM STRENGTH CIRCUIT ADVANCED		MONTHLY WORKSHOPS
		10:30 Bands, Balls, Booty & Balance	9:15 Mat Pilates/ Stretch & Awareness		11:00 Zumba 45-Minutes	
					12:00 TRX/ BARRE 45- Minute Intensive	
	5:30 PM STRENGTH INTERVAL	6:15 PM CARDIO KICKBOX/ CORE	6:15 PM Strength Training Circuit			
7:15 PM Functional Strength Training Alisha	6:45 PM Mat Plates/ Stretch & Awareness	7:15 PM YOGA Restorative Vinni				

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Check website for workshops & outdoor events!