

## Fall Class Schedule

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday  | Sunday                   |
|---|---|---|--|---|---|--------------------------|
| <b>8:30 AM</b><br><b>CONTACT KICKBOX/ CORE</b>          |   |   |  | <b>9:15 AM</b><br><b>STRENGTH CIRCUIT</b><br>ADVANCED |   | <b>MONTHLY WORKSHOPS</b> |
|   |   | <b>10:30</b><br><b>Bands, Balls, Booty &amp; Balance</b>      | <b>9:30</b><br><b>Mat Pilates/ Stretch &amp; Awareness</b> |   | <b>11:00</b><br><b>Zumba</b><br>45-Minutes                |                          |
|   |   |   |  |   | <b>12:00</b><br><b>TRX/ BARRE</b><br>45- Minute Intensive |                          |
|   | <b>5:30</b><br><b>STRENGTH INTERVAL</b>                   | <b>6:15</b><br><b>CARDIO KICKBOX/ CORE</b>                    | <b>6:15</b><br><b>Strength Training Circuit</b>            |   |   |                          |
| <b>7:15</b><br><b>P90X INTERVAL</b><br><br><b>Benny</b> | <b>6:45</b><br><b>Mat Plates/ Stretch &amp; Awareness</b> | <b>7:15 PM</b><br><b>YOGA Restorative</b><br><br><b>Vinni</b> |  |   |   |                          |

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Check website for workshops & outdoor events