

GET FIT YELM

GROUP FITNESS SCHEDULE

	9:00 AM	CLASS DESCRIPTION
MONDAY	CARDIO CRUSH	An easy to follow aerobic workout with athletic style movements and core engagement, done repeatedly choreographed to music. As always this class is modifiable for all ability levels.
TUESDAY	YOGA	Wake up and recharge as you flow with us. Improve your flexibility, balance, and strength while reducing stress and energizing your spirit with this full body workout. All abilities are welcome.
WEDNESDAY	NO CLASS	
THURSDAY	CIRCUIT	<p>Circuit class is a combination of high and low intensity exercises. Circuit style workouts burn up to 30 percent more calories; lose fat, and build muscle. This class will increase your endurance, while trimming and toning at the same time.</p> <p>An exercise "circuit" is one completion of several different exercises with or without weights, performed with rapid movement between exercises. Circuits are then repeated as time allows with a minimal break between circuits.</p>
FRIDAY	BUTTS & GUTS EXPRESS	An express class that focuses on core strength and glutes with high energy 30 second interval exercises.

CLASSES ARE 1 HOUR
 EXPRESS CLASSES ARE 30 MINUTES
 ALL CLASSES ARE MODIFIABLE FOR ALL ABILITY LEVELS

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