



Group Exercise Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>5:30am Body Shock (HIIT)</p> <p>9:30am Functional Fusion</p>		<p>5:30am Body Shock (HIIT)</p> <p>9:30am SilverSneakers</p> <p>6:45 pm Barre Moves</p>		<p>5:30am Body Shock (HIIT)</p> <p>9:30am SilverSneakers</p>	<p>8:30am Yoga</p>	

***Barre Moves** - Pilates/dance-based class that uses balance, yoga straps, balls, weights and stretch bands to maximize fat burning, strengthens and lengthens and stretches the body from top to bottom, from the inside out. The end result is a long and lean physique without added bulk.

***Body Shock (HIIT)** - Cross training to build muscle, burn maximum number of calories and change your shape. Equipment used includes barbells, dumbbells, resistance balls, bosu balls, kettlebells and of course your own body weight! If you have a fitness plateau, then this class is for you. Please contact club for pricing.

***SilverSneakers®** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

***Yoga** - Our faster-paced classes are athletic in nature helping you to build strength, confidence and grace in your body and mind.

***Functional Fusion** – workouts that combine at least two different disciplines (cardio, strength, yoga) This class uses everyday movement focusing on agility, strength and flexibility.

Be sure to like us on Facebook to stay updated on schedule changes

www.Facebook.com/RevolveFitnessClub.com

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