***Weekly Schedule for Virtual Fitness: General Classes***

***Mondays***
8:30am -  Total Body Conditioning

5:00pm -  Myofascial Restorative Bodywork

***Tuesdays***
9:00am -  Full Body Muscle – Stability Ball

5:30pm -  Yoga
6:30pm -  BollyX

***Wednesdays***

8:15am-   Barre
9:30am -  Lets Lift
5:30pm -  Tabata/Muscle

***Thursdays***
8:00am -  Express 30 Minutes Low Impact HIIT with Glutes/Abs
9:00am -  Pilates with Weights

***Fridays***
8:30am -  Fridays Fusion Core Crusher (30 minutes)
9:00am -  Legs and Booty Resistance Band

***Saturdays***
9:00am -  HIIT - Low Impact Full Body Circuit
10:15am - Yoga

***Sundays***

9:15am -  Barre

10:30am -  Yoga

***Fee Options for Virtual Fitness: General Classes***

\*Choose (2) class options per week: $58.00*for (8) weeks*

\*Choose (4) class options per week: $78.00*for (8) weeks*

\*All (14) class options per week: $108.00*for (8) weeks*

\*All (14) class options per week plus access to On Demand Library: $128.00*for (8) weeks*
*(On Demand Library: Videos of recorded classes that you can watch during your own time)*