





# GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p><b>Cardio</b> <i>Sculpt</i></p> <p>7:00am w/SALLY</p>			<p><b>TEAM TRAINING</b></p> <p>9:00am w/SAM</p>
<p><b>PILATES MAT</b></p> <p>5:30pm w/SALLY</p>	 <p>YOGA</p> <p>5:30pm w/SALLY</p>		 <p>YOGA</p> <p>5:30pm w/SALLY</p>		
<p><b>TEAM TRAINING</b></p> <p>6:30pm w/SAM</p>	<p><b>TEAM TRAINING</b></p> <p>6:30pm w/SAM</p>	<p><b>TEAM TRAINING</b></p> <p>6:30pm w/SAM</p>			

- Yoga = Involves movement, meditation, and breathing techniques to promote mental and physical well-being.
- Pilates Mat = Low impact, low intensity workout that will tone your muscles, strengthen your core, and increase range of motion & flexibility!
- Cardio Sculpt = A seamless fusion of strength, cardio, and core for total-body results.
- TEAM TRAINING = Boot camp style class with a mix of weights, HIIT and cardio for a total body workout that is geared towards RESULTS. Taught by Certified Personal Trainer.

\*ALL class participants are required to check into the class through the Powerhouse PHG app – Please see front desk for instructions to download.\*

\*\*TEAM classes are only included for Premier Memberships – Please see front desk to upgrade.\*\*