

12 DECEMBER

Hybrid Training

A little progress each day adds up to big results	11/28	11/29	11/30	12/1	12/2
	5:15a Lower Body 6:00p Full Body	5:15a Upper Body	5:15a Full Body 6:00p Full Body	5:15a Back / Chest	Rest Day
It never gets easier you just get stronger	12/5	12/6	12/7	12/8	12/9
	5:15a Lower Body 6:00p Full Body	5:15a Upper Body	5:15a Full Body 6:00p Full Body	5:15a Back / Chest	Rest Day
You're only one workout away from a good mood	12/12	12/13	12/14	12/15	12/16
	5:15a Lower Body 6:00p Full Body	5:15a Upper Body	5:15a Full Body 6:00p Full Body	5:15a Back / Chest	Rest Day
The body achieves what the mind believes	12/19	12/20	12/21	12/22	12/23
	5:15a Lower Body 6:00p Full Body	5:15a Upper Body	5:15a Full Body 6:00p Full Body	5:15a Back / Chest	Rest Day
Do something today that your future self will thank you for	12/26	12/27	12/28	12/29	12/30
	Closed	No Class	No Class	No Class	Rest Day
I will leave workouts for the 27th-30th					

Description: A combination of cardio, resistance, and core movements that will increase your endurance, fire up your metabolism, and improve your strength.

Duration: 45-60 minutes

Instructor: Ashley Wallace