



Hybrid Training Schedule Starts Wednesday, July 6th

Description: A combination of cardio, resistance, and core movements that will increase your endurance, fire up your metabolism, and improve your strength. All equipment will be provided. Please feel free to bring your own if you prefer.

Equipment: Light weights, medium weights, workout mat

Duration: 45 minutes

Instructor: Ashley Wallace

Mondays: 7:45pm – 8:30pm

Tuesdays: 5:30am – 6:15am

Wednesdays: 7:45pm – 8:30pm

Thursdays: 5:30am – 6:15am

Fridays: 5:30am – 6:15am

12:15pm – 1:00pm

NO CLASSES: JULY 18th - 22nd