**Hybrid Training Schedule**

**Starts Wednesday, July 6th**

 **Description: A combination of cardio, resistance, and core movements that will increases 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**

