

HOMETOWN

Health and Fitness

Small Group Training Schedule, Effective: September 3, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Total Body Fitness Joe 9:30am	Total Body Fitness Joe 9:30am	Total Body Fitness Joe 9:30am	Total Body Fitness Joe 9:30am	Total Body Fitness Joe 9:30am	Kickboxing Joe 8:00am
Total Body Fitness Joe 3:30pm	Total Body Fitness Joe 3:30pm	Total Body Fitness Joe 3:30pm	Total Body Fitness Joe 3:30pm	Total Body Fitness Joe 3:30pm	
	Strength Circuits Jack 5:30pm	Strength Circuits Jack 5:30pm	Strength Circuits Jack 5:30pm		
	Kickboxing Joe 6:00pm		Kickboxing Joe 6:00pm		

Class Descriptions

- **Total Body Fitness** - Time to kickstart your metabolism and send your body into hyper-drive! Get into the best shape of your life using high-intensity circuits to sculpt and shape the entire body.
- **Strength Circuits** – Get the lean and toned body you’ve been looking for using circuit weight-training. This class will help you build lean muscle, burn body fat, and have you looking your best!
- **Kickboxing** – Incorporate kicking and punching along with high-intensity bodyweight exercise to burn your way to a better body! Use your personal power to push through this dynamic workout.

Individual and Monthly plans available for small group, and your first class is always on us!