



# Class Schedule

## Monday

**6:30am-7:15am**  
**Cardio & Core**

**12:05pm-12:50pm**  
**Empowered Strength**

## Tuesday

**7:30am-8:10am**  
**Power Sculpt**

## Wednesday

**6:30am-7:15am**  
**Empowered Strength**

**7:45am-8:00am**  
**Mindful Movement**

## Thursday

**7:30am-8:10am**  
**Power Sculpt**

## Friday

**7:05am-7:40am**  
**Cardio Mix**

**12:05pm-12:50pm**  
**Strength & Stretch**

# Class Descriptions

## **Cardio & Core**

This fast-paced and efficient group exercise session designed to target both cardiovascular endurance and core strength.

## **Cardio Mix**

Get ready to elevate your heart rate and boost your endurance with this class! In just 35 minutes, you'll experience a blend of bodyweight cardio exercises. Suitable for all fitness levels.

## **Empowered Strength**

Expect a dynamic and challenging workout that can be tailored to different fitness levels. Utilize a variety of exercises using free weights, resistance bands, bodyweight movements, and dumbbells.

## **Mindful Movement**

Engage in gentle, flowing movements designed to improve flexibility, balance, and strength. We'll utilize a foam roller, lacrosse ball, or no equipment.

## **Power Sculpt**

I'll guide you through a series of exercises that seamlessly blend full body strength training and heart-pumping cardio!

## **Strength & Stretch**

This unique class is designed to help you achieve the perfect balance between building strength and increasing flexibility, ensuring that you feel your best inside and out.

