

## TRAINING EFFECT SCHEDULE

November 2nd-25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am		Circuit Jen		Circuit Jen		
7am						
8am						
8:30am	Circuit* Regan		Circuit* Regan		Circuit* Regan	
9:15am						
10am	Circuit* Regan	Strength & Cardio Regan	Circuit* Regan	Strength & Cardio Jen	Circuit* Regan	Circuit Rotating Trainers
11am						
12pm	Circuit Regan		Circuit Regan		Circuit Regan	
1pm						
4pm	Strength & Cardio Jen	Circuit Stephanie	Strength & Cardio Jen	Circuit Stephanie	*Take both circuit and cadence for a C&C Calorie Crusher!	
5pm						
6pm	Les Mills GRIT Jen	Circuit Stephanie	Les Mills GRIT Jen	Circuit Regan		

### Class Locations

	Circuit Gym Floor	Strength & Cardio Mind/Body	GRIT Studio A
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### Class Descriptions

<b>Strength &amp; Cardio</b>	A blend of strength training and cardio designed to increase your metabolism and build a strong, athletic body
<b>Circuit</b>	Our signature timed workout includes 4 rounds of 10 exercises designed for full body training
<b>Les Mills GRIT</b>	30-minute HIIT class designed to improve strength & cardiovascular condition while building lean muscle