

PIVOT FITNESS GROUP EXERCISE SCHEDULE

OCTOBER- DECEMBER 2024

Monday

Tuesday

Wednesday

Thursday

Friday

STRENGTH
7:30-8:00AM

BUTTS AND
GUTS
7:30-8:00AM

YOGA
7:30-8:00AM

VIRTUAL
MEDITATION
10:30- 10:35AM

VIRTUAL
STRETCH
10:30-10:35AM

YOGA
12:30-1:00PM

BOOTCAMP W/
LEE
12:30-1:00PM

STEP AEROBICS
12:30-1:00PM

STRENGTH W/
AMELIA
12:30-1:00PM

PIVOT
FITNESS

PIVOT FITNESS CLASS DESCRIPTIONS

Class	Description
Yoga	Start (or end) the week right with this yoga class that will leave you feeling refreshed and ready to take on the rest of the day.
Step Aerobics	The "step" is a 4-inch to 12-inch raised platform. You step up, around, and down from the platform in different patterns to boost your heart rate and breathing, and strengthen your muscles.
Butts and Guts	Intense workout to strengthen your legs, glutes and core. Focus on working these muscles using weights, stability balls, your own body weight and more.
Strength	A challenging workout that is sure to get your blood flowing and muscles pumping using weights and various equipment.
Bootcamp	Come ready to sweat! We will mix it up with different combinations of cardio, strength, and core.