

Better Living Fitness Center Group Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am							
8:15am		CVT (<i>\$20/class</i>)		CVT (<i>\$20/class</i>)	Body Sculpt		
9:00am	Stretch & Stength						
9:30am			Vinyasa Flow Yoga				
10:00am						Full Body Fit	
10:30am							
11:00am						Cardio & Core	Full Body Fit
11:30am				Body Rehab			
12:00pm							
12:30pm					Walk & Tone		
1:30pm							
5:00pm					Full Body Fit		
5:30pm	Full Body Fit (<i>60 min.</i>)		Full Body Fit (<i>60 min.</i>)	Full Body Fit (<i>60 min.</i>)			
5:45pm		Strength & Tone (<i>45 min.</i>)					
6:00pm				Vinyasa Flow			Restorative

6:30pm			Flow Yoga			Yin Yoga
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Updated: 07/2017

Body Rehab: Class particularly designed to work in the prevention of injuries, strengthening and elasticizing the most susceptible joints of our body. The class is performed using rehab exercises and stretches.

Body Sculpt: Get stronger with this light weight, strength training, and cardio class.

Full Body Fit: Small Group Personal Training.

A fullbody strength training, cardio and flexibility routine with customization to your fitness level.

Cardio & Core: If you've always wanted a flat stomach, 6pack abs or just a stronger core, this is the class for you. It combines high-energy music with a core-sculpting routine to give you a toned midsection.

CVT: This total body class is made to get your heart rate up while strengthening your muscles in an interval timed format. Perfect for all levels!

Restorative Yin Yoga: Designed to be restorative and stress relieving. It can improve your flexibility and help you sleep better.

Strength & Tone: Become stronger, leaner, and more tone in this fun 45 minute strength training class.

Stretch & Strength: Here we will target specific areas to build strength, increase flexibility and improve your overall fitness. Special focus is given to alignment and proper form in the poses. Great for beginners!

Vinyasa Flow Yoga: Challenging yoga workout that links breath with movement to create a dynamic flow of postures. This class will move quickly and is best suited for those with a strong yoga practice.

Walk & Tone: The Better Living Walking Program is a trainer-led walk with light resistance-band exercises and

stretching intervals. Get outside for some fresh air and some lunch-time activity. It's the perfect way to kick off your