

Vital Steps Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 AM - 7:30 AM	Super Circuit Plus	Fusion Ball	Body Combat	Team Fit Training	Functional Training	20/20/20
7:30 AM - 8:30 AM	Core Conditioning	Rock Bottom	Cardio Abs & Butt	Interval Training	Total Body Conditioning	Core Moves
8:30 AM - 9:30 AM	9:00 - 9:30 ABSolute Core Training	Muscle Conditioning	9:00 - 9:30 ABSolute Core Training	Cardio Abs & Butt	Rowbics	Abs Stretch
9:30 AM - 10:30 AM	Cardio Body Blitz	Core Pilates	Cardio Body Blitz	Core Pilates	Cardio Body Blast	Organic Stretch
10:30 AM - 11:30 AM	Vital Yoga	Tai Chi	Bone Building Workout	Vital Yoga	Bone Building Workout	Zumba
11:30 AM - 12:30 PM	Stability Ball	Light 'n' Lively (60+)	Restorative Yoga	Functional Training	Interval Training	Lean Teen (FALL/WINTER) Team Fit Training
12:30 PM - 1:30 PM	Restorative Yoga	Body Sculpt	Core Moves	Light 'n' Lively (60+)	Rock Bottom	Self Guided Workout
1:30 PM - 2:30 PM	Muscle Conditioning	Rowbics	Fusion Ball	Cardio Muscle Core	Functional Training	Self Guided Workout
2:30 PM - 3:30 PM	Cardio Abs & Butt	Functional Training	Total Body Conditioning	Kick Box Step	Cardio Muscle Core	Self Guided Workout
3:30 PM - 4:30 PM	Runner's Stretch	Runner's Stretch	Runner's Stretch	Runner's Stretch	Runner's Stretch	Self Guided Workout
4:30 PM - 5:30 PM	Lean Teen (FALL / WINTER)	Cardio Weight Core	Lean Teen (FALL / WINTER)	Lean Teen (FALL / WINTER)	Cardio Abs & Butt	
5:30 PM - 6:30 PM	Cardio Muscle Core	Team Fit Training	Bosu Boot Camp	Functional Training	Team Fit Training	
6:30 PM - 7:30 PM	Total Body Workout	Team Fit Training	Zumba Core Moves	Body Combat	Functional Training	
7:30 PM - 8:30 PM	Relaxing Hatha Yoga	Body Blast II	Vital Yoga	Total Body Workout		

Green – Classes

Blue – Personal Training, Semi-Private, & Group Training