

Vital Steps Class/Group Training Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------|----------------------------|-----------------------|---|--------------------------|---|--|
| 6:30 AM 7:30 AM | Super Circuit Plus (GT) | | | Team Fit Program (GT) | | |
| 8:30 AM 9:30 AM | Ash Cardio Kickboxing (GT) | | 9:00A – 9:30A ABS - Butt – Legs Thighs (ABLT) | | 9:00A – 9:30A ABS - Butt – Legs Thighs (ABLT) | |
| 9:30 AM 10:30 AM | Cardio Body Blitz(CT) | Core Pilates (CT) | Cardio Body Blitz (CT) | Rolling in the Deep (GT) | Cardio Body Blast (CT) | Organic Stretch (CT) |
| 10:30 AM 11:30 AM | Yin Yoga (GT) | Tai Chi Fit (GT) | Bone Building Program (GT) | Vital Yoga (CT) | Bone Building Program (GT) | |
| 11:30 AM 12:30 PM | | | Teacher's Choice (CT) 3:30P – 4:30 P | | Teacher's Choice (CT) 3:30P - 4:30P | Team Fit Prog (GT) 11:30A - 12:30P |
| 4:30 PM 5:30 PM | Lean Teen Program (CT) | | Lean Teen Program (CT) | | | |
| 5:30 PM 6:30 PM | Team Fit Program (GT) | Team Fit Program (GT) | | Team Fit Program (GT) | | |
| 6:30 PM 7:30 PM | Boot Camp Prep (CT) | Team Fit Program (GT) | Team Fit Program (GT) | | | |
| 7:30 PM 8:30 PM | Relaxing Hatha Yoga (CT) | Body Blast II (CT) | Vital Yoga (CT) | Total Body Workout (CT) | *Schedule is subject to change without notice. | |

Group Training (GT)

Class Training (CT)