



Class Descriptions

Boot Camp– High intensity & high impact class. It is a mix of cardio, strength training w/ weights & your own body weight! Perfect for any fitness level!

Butt & Gut– Targets your core muscles from your abs & back to your glutes & thighs! Low-impact

Spin Class—These classes focus on cardio & core! Limited to 9 per class so sign up at the desk! \$3/class for members, \$6/class for non-members! Cancels require 24-hr. notice.

X-Training—This class is meant for someone who likes to be pushed and is ready to work hard. Features HIIT style cardio with a mix of heavy weights and Speed training.

Yoga— This program is run by Brooke through Bare Roots Yoga! Thursdays at 4:30 and 6:15pm. Ask Brooke for pricing and class levels!

www.villagefit.com
[\(585\)-768-4550](tel:5857684550)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2018	1 CLOSED Happy New Year!	2 Spin 5:30am Amanda X-Training 5:30pm Andy	3 Boot Camp 5:45 -6:30am Andy Zumba 6pm	4 Boot Camp 5:30pm Andy	5 Butt & Gut 5:45am Andy	6 Zumba Strong 9:15—10:15am
	7	8 Boot Camp 5:45am Andy Zumba 6pm	9 Spin 5:30am Amanda X-Training 5:30pm Andy	10 Boot Camp 5:45 -6:30am Andy Zumba 6pm	11 Yoga 4:30pm Brooke Boot Camp 5:30pm Andy Yoga 6:15pm Brooke	12 Butt & Gut 5:45am Andy
14	15 Boot Camp 5:45am Andy Zumba 6pm	16 Spin 5:30am Amanda X-Training 5:30pm Andy	17 Boot Camp 5:45 -6:30am Andy Zumba 6pm	18 Yoga 4:30pm Brooke Boot Camp 5:30pm Andy Yoga 6:15pm Brooke	19 Butt & Gut 5:45am Andy	20 Zumba Strong 9:15—10:15am
21	22 Boot Camp 5:45am Andy Zumba 6pm	23 Spin 5:30am Amanda X-Training 5:30pm Andy	24 Boot Camp 5:45 -6:30am Andy Zumba 6pm	25 Yoga 4:30pm Brooke Boot Camp 5:30pm Andy Yoga 6:15pm Brooke	26 Butt & Gut 5:45am Andy	27 Zumba Strong 9:15—10:15am
28	29 Boot Camp 5:45am Andy Zumba 6pm	30 Spin 5:30am Amanda X-Training 5:30pm Andy	31 Boot Camp 5:45 -6:30am Andy Zumba 6pm	January Fitness		