



### 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!

**Kickboxing**— This class is meant for someone who likes to be pushed and is ready to work hard. Features real kickboxing moves, cardio and work with a heavy bag! Class by Bryan

[www.villagefit.com](http://www.villagefit.com)  
**(585)-768-4550**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>February Fitness</h1>				<b>1</b>	<b>2</b>	<b>3</b>
				Yoga 4:30pm Brooke Boot Camp 5:30pm Andy Yoga 6:15pm Brooke	Butt & Gut 5:45am Andy	Zumba Strong 9:15—10:15am
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	Boot Camp 5:45am Andy  Zumba 6pm	Spin 5:30am Amanda  X-Training 5:30pm Andy	Boot Camp 5:45 -6:30am Andy  Zumba 6pm	Yoga 4:30pm Brooke Boot Camp 5:30pm Andy Yoga 6:15pm Brooke	Butt & Gut 5:45am Andy	Kickboxing 7:30am & 8:30am Bryan
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
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<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
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<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>			
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