



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.**

Slimdown - Class specific for burning fat. Turn it up with this moderate to fast pace interval training style to burn that fat in the most efficient way. Includes cardio and some strength training.

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! Tuesday 4:30 class Level I—II, Tuesday 6:15 class Upper Level, Thursday 4:30 class Yoga for the spine/Open level, Thursday 5:30 class Upper Level. **Member: Drop-In \$4, Tuesdays (1 Month) \$16, Thursdays FREE! Or \$30/month unlimited. Non-members: \$7 Drop-In, \$45/month unlimited**

www.villagefit.com
(585)-768-4550

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>April Fitness</h1>			<h1>2017</h1>			1 Slimdown 7:15—8:15am Kaitlyn Strong by Zumba 9:00am
2 Zumba 9am	3 Boot Camp 5:45am Andy	4 Spin 5:30am Kayla Yoga 4:30pm Brooke X-Training 5:30pm Andy Yoga 6:15pm Brooke	5 Boot Camp 5:45—6:30am Andy Zumba 6:00pm	6 Spin 5:30am Melissa Yoga 4:45pm Brooke Boot Camp 5:30pm Andy Yoga 6:15pm Brooke	7 Butt & Gut 5:45am Kaitlyn	8 Cardio Slimdown 7:15—8:15am Andy Strong by Zumba 9:00am
9 Zumba 9am	10 Boot Camp 5:45am Andy	11 Spin 5:30am Celeste Yoga 4:30pm Brooke X-Training 5:30pm Andy Yoga 6:15pm Brooke	12 Boot Camp 5:45—6:30am Andy Zumba 6:00pm	13 Spin 5:30am Melissa Yoga 4:45pm Brooke Boot Camp 5:30pm Andy Yoga 6:15pm Brooke	14 Butt & Gut 5:45am Andy/Shaw	15 Cardio Slimdown 7:15—8:15am Andy Strong by Zumba 9:00am
16 Closed 	17 Boot Camp 5:45am Andy	18 Spin 5:30am Celeste Yoga 4:30pm Brooke X-Training 5:30pm Andy Yoga 6:15pm Brooke	19 Boot Camp 5:45—6:30am Andy Zumba 6:00pm	20 Spin 5:30am Melissa Yoga 4:45pm Brooke Boot Camp 5:30pm Andy Yoga 6:15pm Brooke	21 Butt & Gut 5:45am Kaitlyn	22 Cardio Slimdown 7:15—8:15am Andy Strong by Zumba 9:00am
23/30 Zumba 9am	24 Boot Camp 5:45am Andy	25 Spin 5:30am Celeste Yoga 4:30pm Brooke X-Training 5:30pm Andy Yoga 6:15pm Brooke	26 Boot Camp 5:45—6:30am Andy Zumba 6:00pm	27 Spin 5:30am Melissa Yoga 4:45pm Brooke Boot Camp 5:30pm Andy Yoga 6:15pm Brooke	28 Butt & Gut 5:45am Kaitlyn	29 Cardio Slimdown 7:15—8:15am Andy Strong by Zumba 9:00am