



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 4:45 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. Ask Brooke for pricing!

www.villagefit.com

(585)-768-4550

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>August Fitness</h1>		1 Spin 5:30am <i>Celeste</i> Yoga 4:45pm <i>Brooke</i> X-Training 5:30pm <i>Andy</i> Yoga 6:15pm <i>Brooke</i>	2 Boot Camp 5:45 -6:30am <i>Andy</i>	3 Spin 5:30am <i>Amanda</i> Boot Camp 5:30pm <i>Andy</i>	4 Butt & Gut 5:45am <i>Andy</i>	5 Slimdown 7:15am <i>Andy</i> Strong by Zumba 9:00am
6 Zumba 9am	7 Boot Camp 5:45am <i>Andy</i>	8 Spin 5:30am <i>Celeste</i> Yoga 4:45pm <i>Brooke</i> X-Training 5:30pm <i>Andy</i> Yoga 6:15pm <i>Brooke</i>	9 Boot Camp 5:45 -6:30am <i>Andy</i>	10 Spin 5:30am <i>Amanda</i> Boot Camp 5:30pm <i>Andy</i>	11 Butt & Gut 5:45am <i>Andy</i>	12 Slimdown 7:15am <i>Andy</i> Strong by Zumba 9:00am
13 Zumba 9am	14 Boot Camp 5:45am <i>Andy</i>	15 Spin 5:30am <i>Celeste</i> Yoga 4:45pm <i>Brooke</i> X-Training 5:30pm <i>Andy</i> Yoga 6:15pm <i>Brooke</i>	16 Boot Camp 5:45 -6:30am <i>Andy</i>	17 Spin 5:30am <i>Amanda</i> Boot Camp 5:30pm <i>Andy</i>	18 Butt & Gut 5:45am <i>Andy</i>	19 Slimdown 7:15am <i>Andy</i> Strong by Zumba 9:00am
20	21 Boot Camp 5:45am <i>Andy</i>	22 Spin 5:30am <i>Celeste</i> X-Training 5:30pm <i>Andy</i>	23 Boot Camp 5:45 -6:30am <i>Andy</i>	24 Spin 5:30am <i>Amanda</i> Boot Camp 5:30pm <i>Andy</i>	25 Butt & Gut 5:45am <i>Andy</i>	26 Slimdown 7:15am <i>Andy</i> Strong by Zumba 9:00am
27 Zumba 9am	28 Boot Camp 5:45am <i>Andy</i>	29 Spin 5:30am <i>Celeste</i> X-Training 5:30pm <i>Andy</i>	30 Boot Camp 5:45 -6:30am <i>Andy</i>	31 Spin 5:30am <i>Amanda</i> Boot Camp 5:30pm <i>Andy</i>		