



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>September Fitness</h1>					1 Butt & Gut 5:45am Andy	2
3 Zumba 9am	4 CLOSED LABOR DAY	5 X-Training 5:30pm Andy	6 Boot Camp 5:45 -6:30am Andy	7 Spin 5:30am Celeste Yoga 4:30pm Brooke Boot Camp 5:30pm Andy Yoga 6:15pm Brooke	8 Butt & Gut 5:45am Andy	9
10 Zumba 9am	11 Boot Camp 5:45am Andy	12 Spin 5:30am Celeste X-Training 5:30pm Andy	13 Boot Camp 5:45 -6:30am Andy	14 Spin 5:30am Celeste Yoga 4:30pm Brooke Boot Camp 5:30pm Andy Yoga 6:15pm Brooke	15 Butt & Gut 5:45am Andy	16
17 Zumba 9am	18 Boot Camp 5:45am Andy	19 Spin 5:30am Joele X-Training 5:30pm Andy	20 Boot Camp 5:45 -6:30am Andy	21 Spin 5:30am Joele Yoga 4:30pm Brooke Boot Camp 5:30pm Andy Yoga 6:15pm Brooke	22 Butt & Gut 5:45am Andy	23
24 Zumba 9am	25 Boot Camp 5:45am Wally	26 Spin 5:30am Joele	27 Boot Camp 5:45 -6:30am Shaw	28 Spin 5:30am Joele Yoga 4:30pm Brooke Yoga 6:15pm Brooke	29 Butt & Gut 5:45am Shaw	30 Boot Camp 7:30–8:15am Wally