



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
1 Zumba 9am	2 Boot Camp 5:45am Andy	3 Spin 5:30am Celeste X-Training 5:30pm Andy	4 Boot Camp 5:45-6:30am Andy	5 Yoga 4:30pm Brooke Boot Camp 5:30pm Andy Yoga 6:15pm Brooke	6 Butt & Gut 5:45am Andy	7 Slimdown 7:15-8:00am Andy
8 Zumba 9am	9 Boot Camp 5:45am Andy	10 Spin 5:30am Wally X-Training 5:30pm Andy	11 Boot Camp 5:45-6:30am Andy	12 Yoga 4:30pm Brooke Boot Camp 5:30pm Andy Yoga 6:15pm Brooke	13 Butt & Gut 5:45am Andy	14 Slimdown 7:15-8:00am Andy
15 Zumba 9am	16 Boot Camp 5:45am Andy	17 Spin 5:30am Wally X-Training 5:30pm Andy	18 Boot Camp 5:45-6:30am Andy	19 Yoga 4:30pm Brooke Boot Camp 5:30pm Andy Yoga 6:15pm Brooke	20 Butt & Gut 5:45am Andy	21 Slimdown 7:15-8:00am Andy
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