


GROUP FITNESS SCHEDULE

Effective: 17 July 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>Register for classes via the Elevate Health & Lounge app to secure your spot. If you have more questions, contact elevate@hfit.com.</p> 
<p>Core 12:00 – 12:15 p.m. An express option to help strengthen and tone your core with this fast and effective 15-minute workout</p>	<p>Mid-day Stretch 12:00 – 12:15 p.m. Take 15 minutes to reset with some light movement and restorative breathing practices.</p>		<p>Mid-day Stretch 12:00 – 12:15 p.m. Take 15 minutes to reset with some light movement and restorative breathing practices.</p>	
	<p>312 4:00 – 4:30 p.m. A total body workout that mixes cardio, strength, and core. Three workouts in one class.</p>	<p>Back to Basics 4:00 – 4:30 p.m. This class introduces and helps build the base foundation needed to safely workout</p>		