



August Fitness Class Calendar

All classes held in the Wellness Studio located behind the mailroom at the intersection of Bozeman and Orvale

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
			1 Bootcamp 6a Bradley	2 Barre 630p Carrie Functional Flexibility 730p Carrie	3 Bootcamp 6a Bradley Resistance 530p Noria
5 Exclusive! Functional Flexibility 930a Noria	6 Bootcamp 6a Bradley Bootcamp 6p Bradley	7 Barre 6p Carrie Yoga 7p Carrie	8 Bootcamp 6a Bradley Bootcamp 6p Bradley	9 Barre 630p Carrie Functional Flexibility 730p Carrie	10 Bootcamp 6a Bradley Resistance 530p Noria
12	13 Bootcamp 6a Bradley Bootcamp 6p Bradley	14 Barre 6p Carrie Yoga 7p Carrie	15 Bootcamp 6a Bradley Bootcamp 6p Bradley	16 Barre 630p Carrie Functional Flexibility 730p Carrie	17 Bootcamp 6a Bradley Resistance 530p Noria
19 Exclusive! Functional Flexibility 930a Noria	20 Bootcamp 6a Bradley Bootcamp 6p Bradley	21 Barre 6p Carrie Yoga 7p Carrie	22 Bootcamp 6a Bradley Bootcamp 6p Bradley	23 Barre 630p Carrie Functional Flexibility 730p Carrie	24 Bootcamp 6a Bradley Resistance 530p Noria
26	27 Bootcamp 6a Bradley Bootcamp 6p Bradley	28 Barre 6p Carrie Yoga 7p Carrie	29 Bootcamp 6a Bradley Bootcamp 6p Bradley	30 Barre 6p Carrie Functional Flexibility 730p Carrie	31 Bootcamp 6a Bradley Resistance 530p Noria

Bootcamp - Indoor and outdoor fitness experience that welcomes all fitness levels designed for maximum calorie burn. A total body fitness challenge that will inspire a fitter you

Insanity - a revolutionary cardio based total body conditioning program based on interval training. Insanity will push you to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism

Resistance - A total body program to improve your endurance and strength with bursts of cardio. This is designed to teach and expand your knowledge of executing proper form and technique

Yoga - Vinyasa style Yoga where our main concentration will be calming the body while encouraging strength and flexibility throughout our practice. Coordinating movement and breath from one pose to the next.

Barre - The perfect blend of deep muscle toning, stretching, and cardiovascular work. Guaranteed to pump up your heart rate and burn fat for a longer and leaner body

Functional Flexibility - A total body routine including traditional stretching which you will be using resistance bands, and your own body for full-body stretching routine



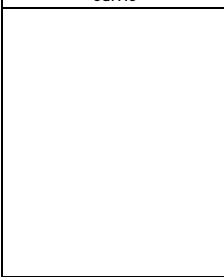
Saturday

4
Bootcamp 930a
Bradley
Yoga 1030a
Carrie

11
Insanity 830a
Dipesh
Bootcamp 930a
Carrie
Yoga 1030a
Carrie

18
Insanity 830a
Dipesh
Bootcamp 930a
Bradley
Yoga 1030a
Carrie

25
Insanity 830a
Dipesh
Bootcamp 930a
Bradley
Yoga 1030a
Carrie



rogram that will
d muscular strength
xperience is designed
nowledge on
breathing techniques

l body stretching
l, static and dynamic
e using foam rollers,
body. This class is a