



# June 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	Saturday
					1 <b>Bootcamp 6a</b> Bradley  <b>Resistance 530p</b> Noria	2 <b>Bootcamp 930a</b> Bradley  <b>Yoga 1030a</b> Carrie
3	4 <b>Bootcamp 6a</b> Bradley  <b>Bootcamp 6p</b> Bradley	5  <b>Yoga 630p</b> Carrie <b>Barre 730p</b> Carrie	6 <b>Bootcamp 6a</b> Bradley  <b>Bootcamp 6p</b> Bradley	7  <b>Barre 630p</b> Carrie <b>Functional Flexibility 730p</b> Carrie	8 <b>Bootcamp 6a</b> Bradley  <b>Resistance 530pm</b> Noria	9 <b>Insanity 830a</b> Dipesh  <b>Bootcamp 930a</b> Bradley  <b>Yoga 1030a</b> Carrie
10	11 <b>Bootcamp 6a</b> Bradley  <b>Bootcamp 6p</b> Bradley	12  <b>Yoga 630p</b> Carrie <b>Barre 730p</b> Carrie	13 <b>Bootcamp 6a</b> Bradley  <b>Bootcamp 6p</b> Bradley	14  <b>Barre 630p</b> Carrie <b>Functional Flexibility 730p</b> Carrie	15 <b>Bootcamp 6a</b> Bradley  <b>Resistance 530p</b> Noria	16 <b>Insanity 830a</b> Dipesh  <b>Bootcamp 930a</b> Bradley  <b>Yoga 1030a</b> Carrie
17	18 <b>Bootcamp 6a</b> Carrie  <b>Bootcamp 6p</b> Carrie	19  <b>Yoga 630p</b> Carrie <b>Barre 730p</b> Carrie	20 <b>Bootcamp 6a</b> Bradley  <b>Bootcamp 6p</b> Bradley	21  <b>Barre 630p</b> Carrie <b>Functional Flexibility 730p</b> Carrie	22 <b>Bootcamp 6a</b> Bradley  <b>Resistance 530p</b> Noria	23 <b>Insanity 830a</b> Dipesh  <b>Bootcamp 930a</b> Bradley  <b>Yoga 1030a</b> Carrie
24	25 <b>Bootcamp 6a</b> Bradley  <b>Bootcamp 6p</b> Bradley	26  <b>Yoga 630p</b> Carrie <b>Barre 730p</b> Carrie	27 <b>Bootcamp 6a</b> Bradley  <b>Bootcamp 6p</b> Bradley	28  <b>Barre 630p</b> Carrie <b>Functional Flexibility 730p</b> Carrie	29 <b>Bootcamp 6a</b> Bradley  <b>Resistance 530p</b> Bradley	30 <b>Insanity 830a</b> Dipesh  <b>Bootcamp 930a</b> Bradley  <b>Yoga 1030a</b> Carrie
						Any questions regarding classes, please email Bradley at <a href="mailto:FitnessbyBrad@gmail.com">FitnessbyBrad@gmail.com</a>

**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 lifting program designed to improve muscular strength while gaining knowledge of executing proper form and breathing technique when lifting weights. Test your mind and all your muscles while working to focus using them together

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

**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 stretching routine including traditional, static and dynamic stretching which you will be using foam rollers, resistance bands, and your body. This class is a full-body stretching routine