



MAY 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 Bootcamp 6a Dipesh Yoga 630p Carrie	2 Bootcamp 6a Bradley Bootcamp 6p Bradley	3 Strength Circuit 6a Noria Barre 630p Carrie	4 Bootcamp 6a Bradley Resistance 530p Bradley	5 Insanity 830a Dipesh Bootcamp 930a Bradley Yoga 1030a Carrie
6	7 Bootcamp 6a Bradley Bootcamp 6p Bradley	8 Bootcamp 6a Dipesh Yoga 630p Carrie	9 Bootcamp 6a Bradley Bootcamp 6p Bradley	10 Strength Circuit 6a Noria Barre 630p Carrie	11 Bootcamp 6a Bradley Strength Circuit 530p Noria	12 Insanity 830a Dipesh Bootcamp 930a Bradley Yoga 1030a Carrie
13	14 Bootcamp 6a Bradley Bootcamp 6p Bradley	15 Bootcamp 6a Dipesh Yoga 630p Carrie	16 Bootcamp 6a Bradley Bootcamp 6p Bradley	17 Strength Circuit 6a Noria Barre 630p Carrie	18 Bootcamp 6a Bradley Resistance 530p Bradley	19 Insanity 830a Dipesh Bootcamp 930a Bradley Yoga 1030a Carrie
20	21 Bootcamp 6a Bradley Bootcamp 6p Bradley	22 Bootcamp 6a Dipesh Yoga 630p Carrie	23 Bootcamp 6a Bradley Bootcamp 6p Bradley	24 Strength Circuit 6a Noria Barre 630p Carrie	25 Bootcamp 6a Bradley Resistance 530p Bradley	26 Insanity 830a Dipesh Bootcamp 930a Bradley Yoga 1030a Carrie
27	28 Bootcamp 6a Bradley Bootcamp 6p Bradley	29 Bootcamp 6a Dipesh Yoga 630p Carrie	30 Bootcamp 6a Bradley Bootcamp 6p Bradley	31 Strength Circuit 6a Noria Barre 630p Carrie	Any questions regarding classes, please email Bradley at FitnessbyBrad@gmail.com	

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 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

Strength Circuit - A total body workout to increase your heart rate and build strength through a variety of intervals. Short cardio intervals with alternate longer intervals of strength utilizing body-weight, dumbbells, resistance bands, and other equipment