

NEW FITNESS CLASSES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	RUN CLUB 0730 BEGINNER	RUN CLUB 0730 INTERMEDIATE	STRENGTH & CONDITIONING 0745 INTERMEDIATE			RUN CLUB <u>SELECT DATES</u> 1030 ALL LEVELS
		MOBILITY 1230 ALL LEVELS			RUSH 1130 ALL LEVELS	
		YOGA 1800 INTERMEDIATE				
YOGA 1745 BEGINNER	STRENGTH & CIRCUITS 1745 ALL LEVELS	GIFT OF THE GIRL RUN CLUB & SOCIAL <u>SELECT DATES</u> 1800 ALL LEVELS	PILATES 1730 BEGINNER	THE ELEVEN SOCIAL <u>SELECT DATES</u> 1700 ALL LEVELS		
DANCE CARDIO (BIWEEKLY) 1845 ALL LEVELS	WELLNESS WARRIOR 1845 INTERMEDIATE	HIT & CORE 1915 ALL LEVELS	BOXERCISE <u>SELECT DATES</u> 1830 ALL LEVELS			

PERSONAL TRAINING

Can't shift those love handles on your own? Email PT@TheMinistry.com to enquire