

# APRIL

## Aerobic Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1130-1230 <b>KICKBOX BOOTCAMP</b> ANNIE	1130-1230 <b>SUPERSETS</b> SARAH	1130-1230 <b>KICKBOX BOOTCAMP</b> ANNIE	1130-1230 <b>SUPERSETS</b> SARAH
1630-1730 <b>RIDE   STRENGTH</b> MEL	1630-1730 <b>KICKBOX BOOTCAMP</b> ANNIE	1630-1730 <b>RIDE   STRENGTH</b> MEL	1630-1730 <b>KICKBOX BOOTCAMP</b> ANNIE
1745-1845 <b>HATHA YOGA</b> NINA/BRANDI	1745-1845 <b>PILATES</b> BRANDI	1745-1845 <b>HATHA YOGA</b> MARY KAY/NINA	1745 - 1845 <b>HATHA YOGA</b> NINA

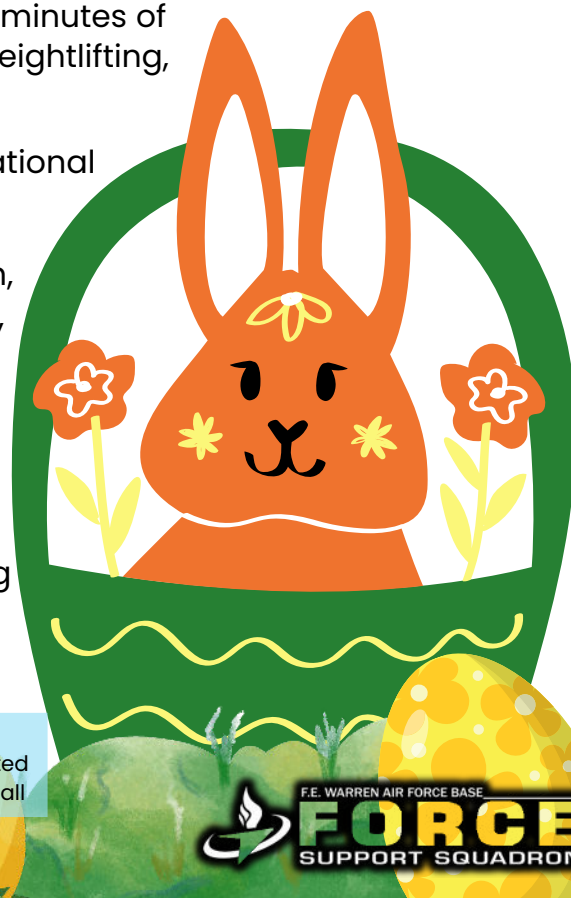
**KICKBOX BOOTCAMP:** A total body workout that blends 30 minutes of powerful kickboxing with 30 minutes of heart-pumping weightlifting, delivering a dynamic and practical fitness experience.

**HATHA YOGA:** A class for all levels that emphasizes foundational poses, alignment, and mindful breathing.

**PILATES:** A low-impact mat class focused on core strength, posture, and controlled movement. Small moves, big burn, strong results.

**RIDE | STRENGTH:** Cycling and strength training for power and endurance: Ride hard. Lift Smart.

**SUPERSETS:** A class for all ages and fitness levels that incorporates weights and short bursts of cardio, alternating between upper body and lower body, creating "supersets".



\*\*\*ALL AEROBIC AND GROUP CLASSES TAKE PRECEDENCE IN THE AEROBICS ROOM\*\*\*

No classes are held on Holidays, Family Days and Weekends. Cancellations will be posted on Freedom Hall social media pages and at Front Desk. For more information, please call 307-773-6199.

