

# June

## Aerobics Schedule

### Monday

1130-1230  
**Kickbox Bootcamp**  
Danna

1745-1845  
**Hatha Yoga**  
Nina

### Tuesday

1130-1230  
**Supersets!**  
Sarah

1630-1730  
**Hatha Yoga**  
Mary Kay

1745-1845  
**Pilates**  
Brandi

### Wednesday

1130-1230  
**Kickbox Bootcamp**  
Danna

1745-1845  
**Hatha Yoga**  
Nina

### Thursday

1130-1230  
**Supersets!**  
Sarah

1630-1730  
**Hatha Yoga**  
Mary Kay

### Class Descriptions:

**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.

**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".

**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.

\*\*\*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 and at Front Desk. For more information, please call 307-773-6199.