

AUGUST

Aerobics Schedule

Monday

1130-1230

Kickboxing Bootcamp
Danna

1630-1730

Pilates
Mary Kay

Tuesday

1130-1230

Full Body Bootcamp
Sarah

1630-1730

Hatha Yoga
Mary Kay

1745-1845

Pilates
Brandi

Wednesday

1130-1230

Kickboxing Bootcamp
Danna

1530-1630

PELVICARE4TWO
OST Physical Therapy

1630-1730

Pilates
Mary Kay

Thursday

1130-1230

Full Body Bootcamp
Sarah

1630-1730

Hatha Yoga
Mary Kay

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

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.

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

FULL BODY BOOTCAMP HIIT: A class for all ages and fitness levels that incorporates weights and short bursts of cardio, alternating between upper body and lower body.

PELVICARE4TWO: Maternity exercise and wellness class offered by OST Physical Therapy, includes general pelvic floor education and dysfunction prevention.

ALL AEROBIC AND GROUP CLASSES TAKE PRECEDENCE IN THE AEROBICS ROOM

NO CLASSES HELD ON HOLIDAYS, FAMILY DAYS AND WEEKENDS.

CANCELLATIONS WILL BE POSTED ON FREEDOM HALL SOCIAL MEDIA AND AT THE FRONT DESK.

FOR MORE INFORMATION PLEASE CALL 307-773-6199