

RICHMOND BALANCE

Group Exercise Schedule

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	<i>6:30-7:30am Bootcamp</i> Myron Mendoza		<i>6:30-7:30am Yogilates</i> Caitlin Phillips			
						<i>9-10am Body Sculpt</i> Elizabeth Minter
	<i>6-7pm Pilates</i> Jennifer Eason	<i>6:30-7:30 pm Body Blast</i> Thomas Robinson	<i>6:30-7:30 pm Spin</i> Arlethea Allen	<i>6:30-7:30pm Bootcamp</i> Thomas Robinson		

Body Blast- An intense hour-long total body workout. This class will challenge you with bursts of cardio drills alternating with strength training moves to tone your entire body.

Body Sculpt- An hour long, low impact workout that will help you increase your muscle tone, strength, and endurance. You'll be sure to work muscles you didn't know you had!

Indoor Bootcamp- An intense hour long class that includes a combination of plyometrics, intense cardio, sports training, strength exercises and endurance training.

Pilates- Sculpt and tone your entire body with this low-impact workout. Pilates will strengthen your core while elongating your muscles.

Spin- If you like a challenging cardio workout that will make you sweat then Spin is for you! This class will take you through an exciting workout all the way to the finish line.

Yogilates- Sculpt, tone, and elongate your muscles, increase your core strength, improve your balance and flexibility and learn proper breathing techniques with this perfect blend of Yoga and Pilates. This is sure to start your day off right!