

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>6-7am Spin</i>		<i>6-7am Spin</i>		<i>6-7am Indoor Boot Camp</i>	
	<i>6-7pm Body Blast</i>	<i>6-7pm Pilates</i>	<i>6:45-7:45 Yoga</i>	<i>6:15-7:15pm Outdoor Kickboxing</i>		

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.

Indoor Boot Camp

This class is a wake up call for early risers! The class keeps you jumping from the treadmill to the weight room to different stations in the aerobics room. It is truly a full body workout.

Outdoor Cardio Kickboxing

A high-intensity workout that will increase your strength and flexibility while burning fat. A kickboxing workout blends elements of boxing, martial arts and traditional aerobics into a 60-minute exercise routine.

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.

Yoga

This class is for all levels. It is a mix of Hatha and Power Yoga. The instructor will lead the class through a variety of poses to strengthen and elongate the body. This is a great addition to any workout regiment.