

Any Suggestions? Please email us at info@RemoteSiteFitness.com. To Sign Up for Classes or Book Personal Training, please visit our website www.RemoteSiteFitness.com or use the MindBody App.

Monthly
Wellness
Theme:



Back In Action! Spine Awareness



Description:

Give yourself a pat on the back! Your back does so much for you! Yet back pain is a silent epidemic that plagues almost every person in our culture. Learn how simple, everyday things like posture & sleep position can greatly manage your back pain! See Info Table for more!

Mon **Tue** **Wed** **Thu** **Fri** **Sat** **Sun**

Pre-Registration Required via MindBody App For All Morning Classes 4:15-5:15 AM

4:15 - 4:45 AM	////	////	////	Spin	////	////	4:15-5:00 Rise & Shine Yoga
4:45 - 5:15 AM				Interval Training			
9:00-9:30 AM	////	Cardio Express	////	////	////	Tabata Express	////
11:00-11:30 AM	Cardio Express	////	Interval Training	Full Body Stretch	////	////	Boot Camp
11:30-12:00 PM	////	Lower Back Mobility	////	////	////	Lower Back Mobility	////
12:00-2:30 PM	Rec Coordinator Available for Personal Training / Gym Equipment Orientations						
2:30-3:00 PM	Jiu Jitsu	Personal Training	Jiu Jitsu				Personal Training
3:00-3:45 PM	Yoga Fusion	Yoga Core	Yoga	Yoga Core	Yoga Fusion	Yoga	Yoga Fusion
5:00-5:30 PM	20 Online Information, Coaching & Account Set Up Instruction						
5:30-6:00 PM	Interval Training	Fit 50/50	Power Circuit	Interval Training	Fit 50/50	Cardio Circuit	Power Circuit
6:00-6:30 PM	Core Strength						
6:30-7:00 PM	Womens Self Defense	Spin	Spin	Womens Self Defense*	Cardio Interval	Spin	Boot Camp
6:30-7:00 PM	////	////	////	////	////	Weights for Beginners	////
7:00-8:00 PM	Power Yoga	Active Stretch for Back & Hips	Yoga For Balance	Yin Yoga*	Yoga	////	Yoga
7:15-8:15 PM	Strength Circuit	////	Mixed Martial Arts	////	Mixed Martial Arts	////	Mixed Martial Arts
8:15-9:00 PM	////	Yoga	////	Yin Yoga*	////	////	Yoga

Legend

Grey Cardiovascular Conditioning

Red Core Conditioning

White Mind/Body Programs

Black Strength Training

