

Suggestions? Please email us at [info@RemoteSiteFitness.com](mailto:info@RemoteSiteFitness.com). To Sign Up for Classes or Book Personal Training, please visit our website [www.RemoteSiteFitness.com](http://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 5:00-6:00 AM\**

5:00-5:30 AM	Power Circuit	//////////	Fit 50/50	//////////	Spin	//////////	//////////
5:30-6:00 AM	Stretch		<b>Core Strength</b>		Interval Training		
6:00-10:00 AM	Personal Training & Gym Equipment Orientations * Book via the MindBody App						
10:00-11:00 AM	Small Group Resistance Training (4) * Book via the MindBody App						
11:00 AM - 12:00 PM	//////////	Small Group Cardio (4)*	//////////	Small Group Cardio (4)*	//////////	Small Group Cardio (4)*	
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	<b>Core Strength</b>						
6:30-7:00 PM	Cardio Circuit	Boot Camp	Spin	Athletic Stretch	Cardio Interval	Interval Training	Fit 50/50
7:00-7:30 PM	Personal Training & Gym Equipment Orientations * Book via the MindBody App						
7:30-8:00 PM	MMA Training *						
8:00-8:30 PM	//////////	MMA Skills & Drills*	//////////	MMA Skills & Drills	//////////	Strength Circuit	MMA Skills & Drills
8:30-9:15 PM	Athletic Stretch	★ BROga*	Yoga Fusion	★ BROga*	Athletic Stretch	Yoga Fusion	
9:15-9:45 PM	Rec Coordinator Available for Personal Training / Gym Equipment Orientations						

**Legend**

Grey Cardiovascular Conditioning      White Mind/Body Programs  
Red Core Conditioning      Black Strength Training

\* NEW CLASS: Broga is Bro-Yoga, featuring an GUYS ONLY yoga class.

