

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:**

*Spring Is
Finally
Here!*



Description:
April is a busy month of fun activities and pastel colors!

- April Fools Day
- Earth Day
- Easter Weekend
- Spring Cleaning
- Tax Season

At the info table we will have all sorts of info on saving the planet, spending time with family, home/yard organization, and saving money this year!

**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		Core Strength		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	Core Strength						
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.

