



May Fitness Schedule

2019
McKay Lodge

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

please visit our



Legend

	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
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						
	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.