

FALL CLASS SCHEDULE

ON-SCREEN FITNESS

STARTS SEPTEMBER 2ND

Monday

Cardio Drumming 12:10PM

Tuesday

HIIT 9 AM

Dance Fitness 12:10PM

Wednesday

Cardio Drumming 12:10PM

Thursday

HIIT 9 AM

Dance Fitness 12:10PM

Friday

Cardio Drumming 12:10PM



All Classes are led by On-screen Fitness Instructors

- **CARDIO DRUMMING** - Full-Body cardio jam session. Fuses cardio Pilates, isometric movements, plyometrics, & isometric poses.
- **DANCE FITNESS** - an interval-style dance fitness party that combines low-intensity and high-intensity moves. You'll burn lots of calories as you move to the rhythm. Best part is that it doesn't even feel like exercise!
- **CIRCUIT TRAINING** - Full Body Strength Workout that will leave you feeling pumped! Will take you through a range of different fun exercises. There are modifications to ensure that most fitness levels can complete this workout. Each of the exercises are low impact and fun!