



# calvaryfit

## Group X

(August 24<sup>th</sup> - December 17<sup>th</sup> ; \$15.00 per month)

| Monday                          | Tuesday                     | Wednesday                   | Thursday                        | Friday                      |
|---------------------------------|-----------------------------|-----------------------------|---------------------------------|-----------------------------|
| 12 - 12:45<br>Lunch Express     | 12 - 12:45<br>Lunch Express | 12 - 12:45<br>Lunch Express | 12 - 12:45<br>Lunch Express     | 12 - 12:45<br>Lunch Express |
| 4-5 (Coming soon)<br>Kickboxing |                             |                             | 4-5 (Coming soon)<br>Kickboxing |                             |
| 5:30 - 6:30<br>P90X             | 5:30 - 6:30<br>P90X         |                             | 5:30 - 6:30<br>P90X             | 5:30 - 6:30<br>P90X         |

**Lunch Express:** Your perfect mid-day workout! This 45 minute class will use intervals and circuits to improve your strength and cardiovascular health; just what you need to energize you for the rest of the day!

**Kickboxing:** Coming soon!!!!

**P90X (until 10/22):** Why do the P90X DVDs at home by yourself, when you can do it with a room full of friends! Let us provide the space, equipment, and accountability; all you have to do is show up ready to have fun!!!