

# Group Personal Training

## August 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12 <b>NO Classes</b>	<del>13</del> 930a Circuit Training 5p Boxing 5:45p Circuit Training 6:30p RIPPED 7:15p Circuit Training	14 930a/5/545/630/715P <b>Full Body Training</b>	15 930a Full Body Training 5p Boxing 545p Full Body Training 630 PURE CARDIO 715p Full Body Training	16 9:30a Boxing Training 5/ 545p BOXING 630p Yoga Flow 7:15p STEP Aerobics	17 Personal Training 8a – 12p Slots available	18 8a Aerobic Step 8:30a ZUMBA 9:30a RIPPED 11:15a Boxing
19 8a Aerobic Step 8:30a ZUMBA 10a Boxing 11a Boxing	20 930a Yoga Flow 5p Boxing 5:45p Circuit Training 6:30p RIPPED 7:15p Zumba	21 930a/5/545/630p <b>Full Body Training</b>  715P Step Aerobics	22 930a Full Body Training 5p Boxing 545p Full Body Training 630 PURE CARDIO 715p Full Body Training	23 9:30a Boxing Training 5/ 545p BOXING 630p Yoga Flow 7:15p STEP Aerobics	24 Personal Training 6a – 12p Slots available	25 8a Aerobic Step 8:30a ZUMBA 9:30a RIPPED 11:15a Boxing
26 8a Aerobic Step 8:30a ZUMBA 10a Boxing 11a Boxing	27 930a Circuit Training 5p Boxing 5:45p Circuit Training 6:30p RIPPED 7:15p Circuit Training	28 930a/5/545/630p <b>Full Body Training</b>  715P Step Aerobics	29 930a Full Body Training 5p Boxing 545p Full Body Training 630 PURE CARDIO 715p Full Body Training	30 9:30a Boxing Training 5/ 545p BOXING 630p Yoga Flow 7:15p STEP Aerobics	31 Personal Training 8a – 12p Slots available	9/1/18 8a Aerobic Step 8:30a ZUMBA 9:30a RIPPED 11:15a Boxing
<b>*Bring your own boxing gloves for boxing</b> 12-14-16 ounces/medium	<b>*Bring your own Yoga Mat for yoga</b>					

All classes are crafted to incorporate the entire body. The goal is to sculpt and tone the body while reducing any undesired body fat. The work is tough & intense at times but fair “You can do this...Simple Stuff” The Jamey!