



# calvaryfit



## Group X



(June 1 – August 6; \$15.00 per month)

Monday	Tuesday	Wednesday	Thursday	Friday
	9:00– 9:45 Circuit Burn		9:00 – 9:45 Circuit Burn	9:15 – 10:15 Cardio Blast
12 – 12:45 Lunch Express	12 – 12:45 Lunch Express	12 – 12:45 Lunch Express	12 – 12:45 Lunch Express	12 – 12:45 Lunch Express
5:30 – 6:30 P90X	5:30 – 6:30 P90X		5:30 – 6:30 P90X	5:30 – 6:30 P90X

**Cardio Blast:** Prevent boredom with this great class!! One hour of cardio with several different looks: it maybe kickboxing, step, intervals, or a little of each. One thing is for sure - you will get a great workout!

**Circuit Burn:** This 45 minute class will challenge not only your muscular strength but also your cardiovascular endurance with timed circuit stations!

**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!

**P90X:** 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!!!