

# DOWNTOWN FARMERS MARKET

# FREE GROUP

# EXERCISE SCHEDULE

DATE	CLASS	CLASS DESCRIPTION
6.14	<b>Bootcamp</b>	A total body burn using a mix of body weight movements, free weights and cardio to strengthen and tone your body. Intermediate Fitness Level.
6.21	<b>Zumba</b>	Dance your way to a fitter you with exciting and unique Latin moves and rhythms. A Latin/ hip-hop dance fitness class that's great for all age levels!
6.28	<b>Piloxing</b>	You'll get a high energy, heart pumping interval workout combining powerful boxing and pilates moves as you move to the beat. Light weighted gloves are optional to add resistance. All Fitness Levels.
7.5	<b>Bootcamp</b>	A total body burn using a mix of body weight movements, free weights and cardio to strengthen and tone your body. Intermediate Fitness Level.
7.12	<b>Piloxing</b>	You'll get a high energy, heart pumping interval workout combining powerful boxing and pilates moves as you move to the beat. Light weighted gloves are optional to add resistance. All Fitness Levels.
7.19	<b>Bootcamp</b>	A total body burn using a mix of body weight movements, free weights and cardio to strengthen and tone your body. Intermediate Fitness Level.
7.26	<b>T.B.D.</b>	
8.2	<b>Bootcamp</b>	A total body burn using a mix of body weight movements, free weights and cardio to strengthen and tone your body. Intermediate Fitness Level.
8.9	<b>Soul Fusion</b>	Soul Fusion, where muscles meet the mat. Experience a full body workout that is fun but also makes you work! See how these cardiovascular and body weight movements enhance your core, strength, balance, and also improve flexibility.
8.16	<b>Bootcamp</b>	A total body burn using a mix of body weight movements, free weights and cardio to strengthen and tone your body. Intermediate Fitness Level.
8.23	<b>Piloxing</b>	You'll get a high energy, heart pumping interval workout combining powerful boxing and pilates moves as you move to the beat. Light weighted gloves are optional to add resistance. All Fitness Levels.
8.30	<b>T.B.D.</b>	
9.6	<b>Bootcamp</b>	A total body burn using a mix of body weight movements, free weights and cardio to strengthen and tone your body. Intermediate Fitness Level.
9.13	<b>T.B.D.</b>	
9.20	<b>Soul Fusion</b>	Soul Fusion, where muscles meet the mat. Experience a full body workout that is fun but also makes you work! See how these cardiovascular and body weight movements enhance your core, strength, balance, and also improve flexibility.
9.27	<b>Bootcamp</b>	A total body burn using a mix of body weight movements, free weights and cardio to strengthen and tone your body. Intermediate Fitness Level.
10.4	<b>Bootcamp</b>	A total body burn using a mix of body weight movements, free weights and cardio to strengthen and tone your body. Intermediate Fitness Level.
10.11	<b>T.B.D.</b>	
10.18	<b>Piloxing</b>	You'll get a high energy, heart pumping interval workout combining powerful boxing and pilates moves as you move to the beat. Light weighted gloves are optional to add resistance. All Fitness Levels.
10.25	<b>Low Impact Cardio &amp; Strength</b>	