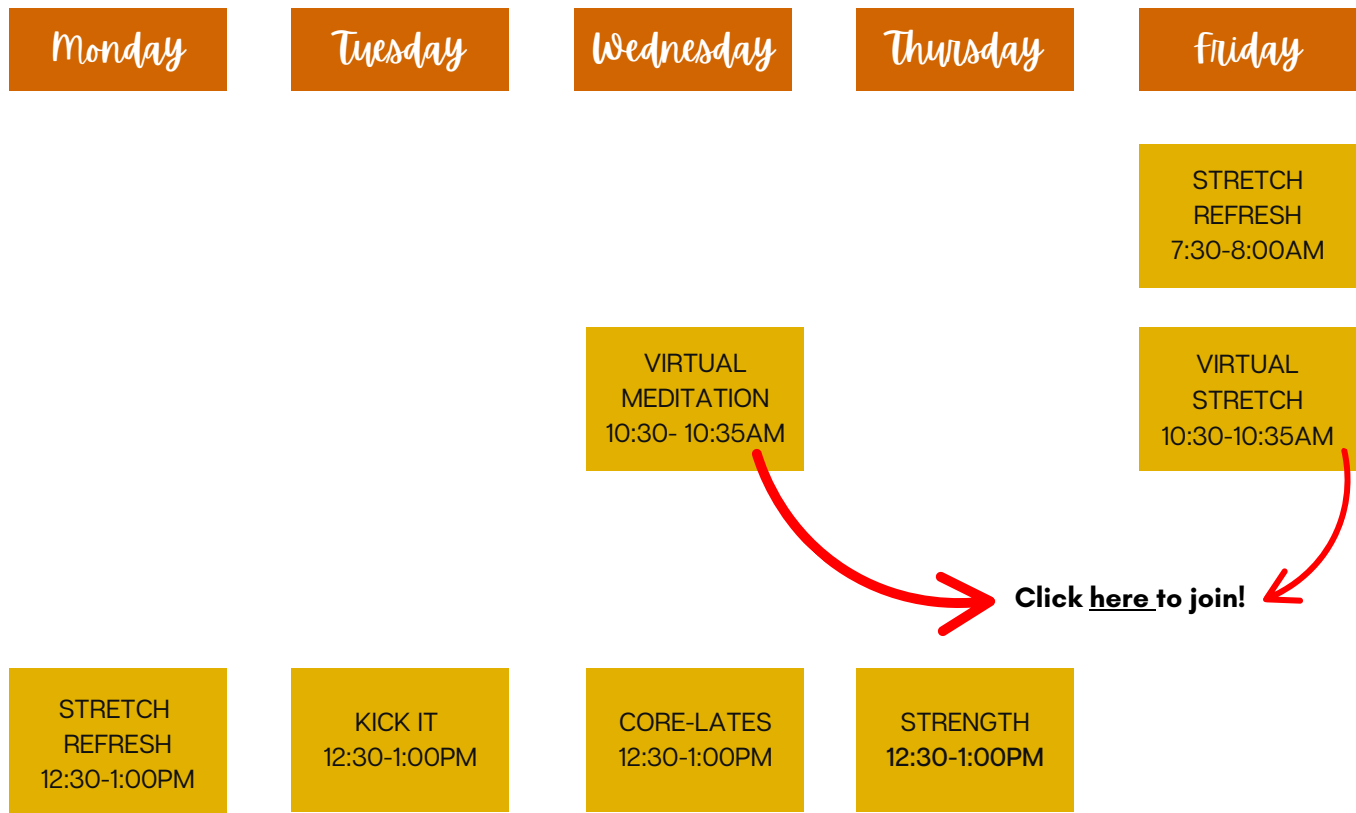


PIVOT FITNESS GROUP EXERCISE SCHEDULE

July - September 2025



Class	Description
Stretch Refresh	Start (or end) the week right with this yoga based stretch class that will leave you feeling refreshed and ready to take on the rest of the day.
Kick It	Get your body moving a high-energy, low impact workout that combine kickboxing and basic aerobic moves
Core-lates	Strengthen your mid-section and improve your posture with a blend of Pilates and core-training.
Strength	A challenging workout that is sure to get your blood flowing and muscles pumping using weights and various equipment.