

PIVOT FITNESS GROUP EXERCISE SCHEDULE

APRIL 14th- JUNE 2025

Monday

Tuesday

Wednesday

Thursday

Friday

STRETCH
REFRESH
7:30-8:00AM

VIRTUAL
MEDITATION
10:30- 10:35AM

VIRTUAL
STRETCH
10:30-10:35AM

STRETCH
REFRESH
12:30-1:00PM

KICK IT
12:30-1:00PM

CORE-LATES
12:30-1:00PM

STRENGTH
12:30-1:00PM

PIVOT
FITNESS

PIVOT FITNESS CLASS DESCRIPTIONS

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 with a high-energy, low impact workout that combines 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.