

# VIRTUAL GX

## ABS

*Increase core and postural strength using body weight and dumbbells*

**Winter Break  
January 11 - 20**

**Mondays  
5 - 5:30pm  
ABS with Caitlin**

# VIRTUAL GX

## YOGA

*Improve flexibility, strength and peace of mind.*

**Mondays  
6 - 6:30pm  
Yoga with  
Shannon**

**Tuesdays  
5 - 5:30pm  
Butts n' Guts  
with Yoseleen**

# VIRTUAL GX

## BUTTS N' GUTS

*An awesome combination of lower body and core exercises that targets the glutes and abs!*

**Wednesdays  
5 - 5:30pm  
ABS with Caitlin**