## Spring ‘21 Class Schedule

Starting January 25th – May 7, schedule below.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>ABS</td>
<td>Butts n’ Guts</td>
<td>Yoga</td>
<td>Butts n’ Guts</td>
</tr>
<tr>
<td>5:00-5:30pm</td>
<td>5:00-5:30pm</td>
<td>12:00-12:30pm</td>
<td>5:00-5:30pm</td>
</tr>
<tr>
<td>Caitlin</td>
<td>Yoseleen</td>
<td>Shannon</td>
<td>Yoseleen</td>
</tr>
<tr>
<td>Leg Day</td>
<td>Fuego</td>
<td>ABS</td>
<td>Fuego</td>
</tr>
<tr>
<td>5:30-6:00pm</td>
<td>5:30-6:00pm</td>
<td>5:30-6:00pm</td>
<td>5:30-6:00pm</td>
</tr>
<tr>
<td>Caitlin</td>
<td>Yoseleen</td>
<td>Caitlin</td>
<td>Yoseleen</td>
</tr>
<tr>
<td>Gentle Yoga/Meditation</td>
<td>6:00-6:30pm</td>
<td>Leg Day</td>
<td>6:00-6:30pm</td>
</tr>
<tr>
<td>Shannon</td>
<td>Yoseleen</td>
<td>Caitlin</td>
<td>Yoseleen</td>
</tr>
</tbody>
</table>

*No classes on Spring Break (March 15 -19) or holidays, (Wednesday, March 31, Cesar Chavez Day).

### Class Descriptions

- **Virtual GX ABS**: Increase core and postural strength using just your body weight!
- **Virtual GX Butts n’ Guts**: Use a variety of exercises to strengthen the lower body and abs
- **Virtual GX Fuego**: Shake, shimmy and sweat your way through an awesome dance-cardio workout!
- **Virtual GX Gentle Yoga & Meditation**: Increase mindfulness and well-being through breath, gentle postures and meditation
- **Virtual GX Leg Day**: Use a variety of lower body exercises to strengthen the legs and glutes
- **Virtual GX Yoga**: Improve mindfulness, strength and mobility with a series of traditional postures