

# RICHMOND BALANCE

## *Group Exercise Schedule*

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	<i>6:30-7:30am Weekly Camps (sign up at front desk)</i>		<i>6:30-7:30am Weekly Camps (sign up at front desk)</i>			
						<i>9-10am Body Sculpt  Myron Mendoza</i>
	<i>6-7pm Pilates</i>	<i>6:30-7:30pm Body Blast</i>	<i>6:30-7:30pm Cardio Core</i>	<i>6:30-7:30pm Bootcamp</i>		
	<b>Jennifer Eason</b>	<b>Thomas Robinson</b>	<b>Arlethea Allen</b>	<b>Thomas Robinson</b>		

**Body Blast-** An intense hour-long total body workout. This class will challenge you with bursts of cardio drills alternating with strength training moves to tone your entire body.

**Body Sculpt-** An hour long, low impact workout that will help you increase your muscle tone, strength, and endurance. You'll be sure to work muscles you didn't know you had!

**Cardio Core-** An intense hour-long workout focusing on core strength and stability. The core training is mixed with cardio drills for a great overall workout and calorie burn!

**Indoor Bootcamp-** An intense hour long class that includes a combination of plyometrics, intense cardio, sports training, strength exercises and endurance training.

**Pilates-** Sculpt and tone your entire body with this low-impact workout. Pilates will strengthen your core while elongating your muscles.