

## BUSY BODIES FITNESS SCHEDULE October 2024 to April 2025



**CLASS MINIMUM IS 2 PEOPLE**

### Monday

6am – Bootcamp (Meg)  
9am – Shakin “A” Dance (Kim)  
10am – Tone Time Strength Training (Kim)  
Noon – FXL45 (Kim)  
4:30pm – Tone Time Strength (Meg/Kim)



### Tuesday

9am – Tone Time Strength (Helen/Kim)  
10:00am – PWR! Moves (Leslie)  
11:00am – Core Dynamics (LaShay)  
Noon – Kickbutt Kettlebell (LaShay)

### Wednesday

6am – Bootcamp (Meg)  
9am – Tone Time Strength Training (Kim)  
10am – Tone Time Strength Training (Kim)  
Noon – HIIT (Becki)  
4:30pm – Tone Time Strength Training (Eric)



### Thursday

9:00am – Tone Time Strength (Iris)  
10:00am – PWR! Moves (Leslie)  
11:00am – Core Dynamics (Helen/Kim)  
Noon – HIIT (Helen/Kim)

### Friday

8:45am - Beginning Tai Chi for Better Balance (Melodee)  
10am – Tone Time Strength (Helen/Kim)  
Noon – TRX Interval (Kim)

### Saturday

9:30am – Shakin “A” Dance (Kim)  
10:30am – **Step Interval** – the 1<sup>st</sup> and 3<sup>rd</sup> Saturdays  
**Aerobic Kickboxing** the 2<sup>nd</sup> and 4<sup>th</sup> Saturdays (Kim)





Join us every **Wednesday** and **Thursday**  
mornings at **8am** for  
**YOGA THERAPY AND STRETCH**  
Taught by Nutritional Therapist  
Michelle Ricci

Classes will be held until the end of October 2024