

OCTOBER LIVE CLASS SCHEDULE

M

**MINDFULNESS @
6:30AM W/ LINDSAY**

**BODYBLASTER @
12:05PM W/ JACKI**

**LIV CORE @ 4:00PM
W/ ANIKA**

T

**MINDFULNESS @
8:00AM W/ PAUL**

**LIV STRENGTH @
10:00AM W/ ANIKA**

W

**MINDFULNESS @
6:30AM W/ LINDSAY**

**HIIT & STRETCH@
12:05PM W/ JACKI**

T

**MINDFULNESS @
8:00AM W/ PAUL**

**LIV FIT @ 10:00AM W/
FAMOUS**

F

**TGIF @ 12:05PM W/
JACKI**

Class Descriptions

Bodyblast (45mins): Get ready for a full body workout & start your week off strong with a full body workout, focusing on strength, endurance and power.

HIIT & Stretch (45 mins): Pick up the pace right out of the gate with this class. Focusing on cardiovascular work with minimal rest, followed by a relaxing stretch.

TGIF (30mins): Thank goodness it's Friday! Shake out the weeks aches and pains with this action packed workout.

LIVStrength (30mins): LIV Strength makes your muscles the star of the class. Equipment with light hand weights/weighted objects from your home this class offers a full body muscle activation experience.

LIVFit (30mins): LIV Fit combines the best of our classes into one. Some cardio, strength and core work all rolled into one. Hand weights or weighted objects (cans, jugs, etc.) may be required for this class.

Mindfulness (20mins): Start your day off right with a few minutes of mindfulness and intention. These sessions do not require any space, just a comfortable space to sit. Headphones are recommended.