



# 121 SOUTH 8TH FITNESS CENTER

## GROUP FITNESS SCHEDULE

### MONDAY

#### HIIT OR CARDIO

**12:15 - 12:45PM  
(FACEBOOK POST)**

This will be a HIIT or cardio based workout you can tune into and complete on your own time. The workout will be posted on the Facebook page!

### TUESDAY

**10-10-10**

**11:15 - 11:45AM  
(FITNESS CENTER)**

**12:15 - 12:45PM  
(FACEBOOK LIVE OR ZOOM)**

This total body workout will focus on 10 minutes of cardio, 10 minutes of strength, and 10 minutes of core!

### WEDNESDAY

#### CORE

**12:15 - 12:45PM  
(FACEBOOK POST)**

This will be a core focused workout you can tune into and complete on your own time. The workout will be posted on the Facebook page!

### THURSDAY

#### METABOLIC BURN

**11:15-11:45AM  
(FITNESS CENTER)**

**12:15- 12:45PM  
(FACEBOOK LIVE OR ZOOM)**

This workout will elevate your heart rate with strength & cardio intervals and give you the "after burn" - allowing you to burn more calories after your done!