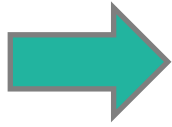


# Define Your Success



*Finding balance in wellness includes having the perfect blend of ingredients for success, with fitness being one of the most important.*



When planning your week of workouts, be sure to include at least one of every color.

**Red = Cardio**

**Blue = Strength**

**Purple = Blend**

**Green Mobility**

**Yellow = Mindful Movement**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>30 Minute Walk</b>	5:15 AM <u>Move It-Lift It</u> Lisa	5:30 AM <u>Build &amp; Burn</u> Andrea	5:15 AM <u>Work It Circuit</u> Lisa	5:30 AM <u>Spin&amp;Sculpt</u> Renee	5:30 AM <u>Pump &amp; Sculpt</u> Jenn	7:30am <u>Rhythm Ride</u> Renee
8:00 AM <u>Cycle60</u> Melinda	8:00 AM <u>Power Hour</u> Amy	8:00 AM <u>3 Pillars</u> Luis	8:00 AM <u>Reach Your Peak</u> Rich	8:00 AM <u>Kickboxing Circuit</u> Katie	<b>Recovery Room</b>	8:00 AM <u>Endure-Strength-Flow</u> Rachel
8:00 am <u>Stability Ball</u> Lisa	9:00 AM <u>Cardio Burst HIIT</u> Melinda	<b>Recovery Room</b>	9:05 AM <u>Spin It Up</u> Rich	9:00 AM <u>CORE Fusion</u> Melinda	9:00 AM <u>Spin 60</u> Rachel P	9:00 AM <u>HIIT Happens</u> Adam
<b>Recovery Room</b>	<b>15 Minute Walk</b>	12:00 PM <u>Lunch Crunch</u> Lisa	<b>15 Minute Walk</b>	12:00 PM <u>Lunch Crunch</u> Lisa	<b>15 Minute Walk</b>	<b>Recovery Room</b>
	4:00 PM <u>Power Hour</u> Amy	<b>15 Minute Walk</b>		<b>15 Minute Walk</b>		
	<b>Recovery Room</b>	5:00 PM <u>Total Body Sculpt</u> Owen	5:00 PM <u>Blitz Fitness</u> Rich	5:00 PM <u>Reach Your Peak</u> Rich	5:00 PM <u>Fit Fusion</u> Lisa	<b>30 Minute Walk</b>
		6:00 PM <u>Power Pedal</u> Andrea	6:00 PM <u>Werk It</u> Jenn	6:05 PM <u>Spin Fever</u> Rich	<b>Recovery Room</b>	
	6:00 PM <u>Cardio Combat</u> Adam	6:00 PM <u>Yoga</u> Sarah				