

# **RUSSELL**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Class Descriptions
<b>Elevate 5AM –5:45AM</b>	<b>Full Throttle 5AM- 6AM</b>	<b>Full Throttle 5AM- 6AM</b>	<b>Full Throttle 5AM - 6AM</b>	<b>Elevate 5am-5:45am</b>		<b>Yoga-</b> exercise your way to a healthy body and mind. <b>Fast N Furious-</b> A quick cardio mix. <b>Full Throttle-</b> series of high and low intensity cardio workout <b>Strong Nation 30-</b> Plyometric & explosive moves <b>Yoga Sculpt-</b> a class that incorporates hand weights and high-intensity cardio bursts for a maximum calorie-burning effect.
<b>Fast-N-Furious 5:30PM-6:15PM</b>		<b>Fast-N-Furious 5:30-6:15PM</b>				

**\*All classes included with a Russell Fit Membership**