

Phase 4 Fitness Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7:15-8:00am			Boot Camp		Boot Camp	
9:00-9:50am		Body Bar Express	Cardio Mix	Body Bar Express	Cardio Mix	Body Bar Express
5:15-6:00pm		Cardio Mix		Cardio Mix		

- **Boot Camp** will be held outside at the Rec. Center
- **Cardio Mix** will be held outside at the Rec. Center
- **Body Bar Express** will be held in the Activity Room