

MOVE2WIN

GOLD MEDAL CHALLENGE

Move 2 Win Classes



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|-----------|---|--|
| BURST with Ronnie 11:30am-12pm | | | Muscle Mechanics with Aubree 12:30pm-1:15pm | Vinyasa Yoga Flow Small Group with Tom 11:00am-11:45am |
| | Bonus Workout with Ronnie, Aubree, or Tom 5:00pm-5:30pm | | | |

BURST: A high-intensity, circuit-based workout meant to burn calories quick! Move from station to station with quick bursts of exercises.

Bonus Workout: Spice up your personal workout with a rotating menu of short, alternative workouts designed to introduce you to the principles of circuit training, HIIT, and yoga-strength combinations.

Muscle Mechanics: Sculpt your muscles with this HIIT small group class geared towards learning lifts and leaning out.

Vinyasa Yoga Flow: Semi-private yoga brought into the personal training realm. Bridge the gap between yoga and weight training with this class!

Visit [FFC.COM/M2W](https://www.ffc.com/m2w) to register and view complete rules.