



# VIAROFIT

## Functional Training & Class Schedule

All classes take place at ViaroFit, 303 State St.

MON	TUES	WED	THURS	FRI
<b>Bodyweight Endurance</b> 6 - 6:45 a.m.	<b>Progress by Power</b> 6 - 6:45 a.m.	<b>Bands and Bells</b> 6- 6:30 a.m.	<b>Bodyweight Endurance</b> 6 - 6:45 a.m.	<b>Progress by Power</b> 6 - 6:45 a.m.
<b>Bands and Bells</b> 12- 12:30 p.m.	<b>Cycle</b> 12- 12:30 p.m.	<b>Bands and Bells</b> 12- 12:30 p.m.	<b>Cycle</b> 12- 12:30 p.m.	<b>Bands and Bells</b> 12- 12:30 p.m.
	<b>Bodyweight Endurance</b> 1 - 1:45 p.m.		<b>Bodyweight Endurance</b> 1 - 1:45 p.m.	
<b>Bands and Bells</b> 4- 4:30 p.m.	<b>Bodyweight Endurance</b> 4:30 - 5:15 p.m.	<b>Progress by Power</b> 4 - 4:45 p.m.	<b>Bands and Bells</b> 4:30 - 5 p.m.	
<b>Yin Yoga</b> 5- 6 p.m.		<b>Yin Yoga</b> 5- 5:30 p.m.		

### Bands & Bells

Using resistance bands and kettle bells to target overall body exercise.

### Bodyweight Endurance

Exclusively utilizing bodyweight in circuit training 4 unique exercises per class.

### Progress by Power

Building total body strength with power movements.

### To register scan me



or contact Dawn at [dcimperman@viarohealth.com](mailto:dcimperman@viarohealth.com)