



VIRTUAL CLASS SCHEDULE

USE MINDBODY APP FOR CLASS REGISTRATION

VIRTUAL CLASSES ARE OFFERED FREE OF CHARGE

Front Desk Phone (910) 342 – 2215 Email: FWCFitness@camsmgt.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Cardio/Strength Level 2 Adrienne 8:30 – 9:15	
Cardio/Strength Level 2 Adrienne 9:30 – 10:15	C.S.I. Adrienne 9:30 – 10:15	Cardio/Strength Level 2 Adrienne 9:30 – 10:15	C.S.I. Adrienne 9:30 – 10:15	Cardio/Strength Level 1 Adrienne 9:30 – 10:15	

**** SCHEDULE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE****

VIRTUAL LAND CLASS DESCRIPTIONS:

Cardio/Strength Level 1 – Beginner Level

Lowest cardio intensity. Light weights. Chair may be used. No mat work

Cardio/Strength Level 2 – Advanced Beginner to Intermediate Level

Mid-range intensity cardio. Light/Medium weights. Chair may be used. No mat work

C.S.I. - Intermediate to Advanced Level

Interval training sequences for some calorie burn! Builds cardiovascular fitness while improving muscular strength and endurance followed by core work on mat.