

SUPER BOWL WORKOUT

12:00-12:30

YOGA WITH CATHY - AEROBICS ROOM
CYCLING WITH ROBIN - CYCLING ROOM
HIIT WITH BETH - BFIT ROOM



12:35-1:05

BARRE WITH MEGHAN - AEROBICS ROOM
CORE STRENGTH WITH BETH - MPR
EMOM (EVERY MINUTE ON THE MINUTE) WITH JACOB - BFIT ROOM

1:10-1:40

INSANITY WITH ALLISON - AEROBICS ROOM
SUSPENSION AND ROW WITH BETH - MPR

1:50-2:10

FOAM ROLL AND STRETCH WITH JACOB - AEROBICS ROOM

FEB 11TH

SUNDAY

**FREE FOR MEMBERS
AND THE COMMUNITY WITH
NON-PERISHABLE FOOD
DONATIONS FOR QUINCY
CATHOLIC CHARITIES
SOUPER BOWL OF CARING**



**FOR MORE INFORMATION CONTACT
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