



# FIVE POINTS

WASHINGTON

Live Facebook Fitness page Fitness Schedule. Brought to you by the group fitness instructors at Five Points Washington.

During this time of 'home sheltering,' we want you to find ways to stay active, healthy, and staying connected to an encouraging community that can add a little FUN! It's easy, click on our link for our Social Distancing Fitness Facebook page and enjoy our live Facebook fitness classes listed below as well as exercise at home tips and ideas. Share your at home exercises and join in the fun! Click the link to take advantage of our FREE Fitness classes and FUN!

Link is provided on our main Five Points Facebook page and on our main page of our website. <https://www.facebook.com/groups/558155474796720/>

## Week of March 29th - April 4th

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM						Meg Werq	
9:00 AM		Marti Cycle	Holly Yoga Flow	Steph HIIT	Holly Yoga Flow	Chelsie Abs	Leslie Yoga Flow
10:00 AM		Melanie Zumba		Marti Body Sculpt			
11:00 AM							
12:00 PM			Lynn DeckofCards			Ashley Body Burn	
2:00 PM	Brittany HIIT						
4:30 PM		Ashley Body Burn					
5:00 PM			Megan CoinFlip		Brittany Cardio Kick		
6:00 PM				Natalie Werq			
7:00 PM					Melanie Zumba		