



# LiveFitGym

WELLNESS CLUB

## INNER RICHMOND GROUP X SCHEDULE

### MONDAY

#### NEXT PHASE CIRCUIT TRAINING at 6:00 PM

This full-body strength training workout utilizes compound movements to burn fat and gain lean muscle

### TUESDAY

#### TONE TUESDAYS at 7:30 AM

Tone and build up your muscles in this full-body class that uses weights to increase strength, definition, and power All levels welcome.

#### VINYASA YOGA at 5:30pm

This yoga class emphasizes the sequential movement between postures, coordinated with and guided by deliberate breath.

### WEDNESDAY

#### ATH-ELITE TRAINING W/ERNEST at 6:00pm

Combining metabolic and power training in a unique format to help you achieve an elite athletic physique.

### THURSDAY

#### CORE - CAMP at 7:30 AM

Tone and build up your muscles in this full-body class that uses weights to increase strength, definition, and power. All levels welcome.

#### VINYASA YOGA at 5:30pm

This yoga class emphasizes the sequential movement between postures, coordinated with and guided by deliberate breath.

#### METABOLIC MASTER at 6:30 PM

Master your metabolism with this high intensity interval training workout to enhance your cardiovascular fitness.

**LIVE FIT GYM - INNER RICHMOND**  
**403 ARGUELLO BOULEVARD, SF**