



LiveFitGym

WELLNESS CLUB

INNER RICHMOND GROUP X SCHEDULE

MONDAY

NEXT PHASE CIRCUIT TRAINING AT 6:00PM

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

TUESDAY

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

VINYASA YOGA at 5:30pm

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

THURSDAY

METABOLIC MASTER at 6:30

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

LIVE FIT GYM - INNER RICHMOND
403 ARGUELLO BOULEVARD, SF