

RESHAPE YOU Fitness **SEPTEMBER 2022** Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
CLOSED SUNDAY	29 5:00 AM	NO CLASS	30 5:00 AM ---	31 5:00 AM NO CLASS	1 5:00 AM ---	2	
	6:30 AM	METCON	6:30 AM ABS	6:30 AM PULL	6:30 AM PUSH with a TWIST	CLOSED SEPTEMBER 2nd - 5th Have a GREAT Labor Day Weekend!	
	8:00 AM	MINDFUL MOVEMENT	8:00 AM ---	8:00 AM MINDFUL MOVEMENT	8:00 AM ---		
	5:30 PM	METCON	5:30 PM TABATA ABS	5:30 PM PULL	5:30 PM PUSH with a TWIST		
	5 5:00 AM	CLOSED SEPTEMBER 2nd - 5th Have a GREAT Labor Day Weekend!	6 5:00 AM ---	7 5:00 AM BAGS PLUS	8 5:00 AM ---	9 5:00 AM MINI CIRCUITS	10 7:30 AM
	6:30 AM	SEPTEMBER 2nd - 5th	6:30 AM METCON	6:30 AM CORE	6:30 AM UPPER BODY	6:30 AM QUIZ CARDIO	9-11 WORKOUT at Hamburg Park w/ Kim. Meet at playground.
	8:00 AM	Have a GREAT Labor Day Weekend!	8:00 AM ---	8:00 AM MINDFUL MOVEMENT	8:00 AM ---	8:00 AM MINDFUL MOVEMENT	
	5:30 PM	Have a GREAT Labor Day Weekend!	5:30 PM QUIZ CARDIO	5:30 PM TOTAL BODY with Donna	5:30 PM UPPER BODY		
	12 5:00 AM	NO CLASS	13 5:00 AM ---	14 5:00 AM BAGS PLUS	15 5:00 AM ---	16 5:00 AM TOTAL BODY	17 8:00 AM to 10:00 AM
	6:30 AM	PULL	6:30 AM PUSH	6:30 AM BAGS +	6:30 AM JUST PEACHY	6:30 AM CHIPPER	Pick up purchased equipment unless other arrangements have been made.
8:00 AM	MINDFUL MOVEMENT	8:00 AM ---	8:00 AM MINDFUL MOVEMENT	12:00 AM ---	8:00 AM MINDFUL MOVEMENT		
5:30 PM	UPPER BODY	5:30 PM CORE & CARDIO	5:30 PM TOTAL BODY with Donna	5:30 PM WOD: CHIPPER			
19	20	21	22	23	24		
RESHAPE YOU Fitness is closed. September 16th is our last day of class. Stay active! Workout on your own or with friends or mix it up!							
26	27	28	29	30			
RESHAPE YOU Fitness is closed. September 16th is our last day of class. Stay active! Walk, run, bike, workout on your on or with friends.							

BAGS PLUS: cardio style hits & kicks on heavy bag

JUST PEACHY: booty building

METCON: METabolic CONditioning

MINDFUL MOVEMENT: low impact functional training

PULL: back + biceps

PUSH: chest, shoulders, triceps

TABATA MASHUP: tabata style and weight workout

WOD: Workout Of the Day

Located on the Second floor at 342 South 3rd Street, Hamburg, PA

Email us at reshapeyoufitness@gmail.com or message us on Facebook

It has been our privilege to be a part of your fitness journey. We look forward to our paths crossing again. Kim & Donna