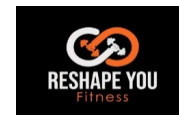


# RESHAPE YOU Fitness MAY 2021 Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed Sunday	26 5:00 AM MASHUP TABATA 6:30 AM LOWER BODY 8:00 AM MINDFUL MOVEMENT 5:30 PM LOWER BODY	27 5:00 AM --- 6:30 AM BEAST MODE 8:00 AM --- 5:30 PM MOBILITY & STRETCH with Kim	28 5:00 AM BAGS PLUS 6:30 AM BAGS + 8:00 AM MINDFUL MOVEMENT 5:30 PM BAGS + 7:00 PM KRAV MAGA Self Defense	29 5:00 AM --- 6:30 AM UPPER BODY 8:00 AM --- 5:30 PM UPPER BODY	30 5:00 AM SWITCH UPS 6:30 AM BAGS + 8:00 AM MINDFUL MOVEMENT	1 8:00 AM STRETCH & MEDITATION with Kim
	3 5:00 AM MASHUP TABATA 6:30 AM PUSH DAY 8:00 AM MINDFUL MOVEMENT 5:30 PM METCON	4 5:00 AM --- 6:30 AM PULL DAY 8:00 AM --- 5:30 PM SWITCH UPS with Donna	5 5:00 AM BAGS PLUS 6:30 AM BAGS + 8:00 AM MINDFUL MOVEMENT 5:30 PM MINI CIRCUITS 7:00 PM KRAV MAGA Self Defense	6 5:00 AM --- 6:30 AM CARDIO & CORE 8:00 AM --- 5:30 PM TOTAL BODY PLUS	7 5:00 AM MINI CIRCUITS 6:30 AM MINI CIRCUITS 8:00 AM CANCELLED	8 8:00 AM Life Choices CHICKEN RUN
	10 5:00 AM MASHUP TABATA 6:30 AM EMOM 8:00 AM MINDFUL MOVEMENT 5:30 PM 7 x 7 x 7	11 5:00 AM --- 6:30 AM PUSH DAY 8:00 AM --- 5:30 PM TABATA with Kim	12 5:00 AM BAGS PLUS 6:30 AM PULL DAY 8:00 AM MINDFUL MOVEMENT 5:30 PM LOWER BODY 7:00 PM KRAV MAGA Self Defense	13 5:00 AM --- 6:30 AM BAGS+ 8:00 AM --- 5:30 PM BACK BICEPS TRICEPS	14 5:00 AM TOTAL BODY 6:30 AM LOWER BODY 8:00 AM MINDFUL MOVEMENT	15 8:00 AM KETTLEBELLS & WEIGHTS with Donna
	17 5:00 AM MASHUP TABATA 6:30 AM LIFT 8:00 AM MINDFUL MOVEMENT 5:30 PM EMOM	18 5:00 AM --- 6:30 AM WOD 8:00 AM --- 5:30 PM BAGS & BALLS with Donna	19 5:00 AM BAGS PLUS 6:30 AM LIFT 8:00 AM MINDFUL MOVEMENT 5:30 PM TOTAL BODY PYRAMID 7:00 PM KRAV MAGA Self Defense	20 5:00 AM --- 6:30 AM BAGS+ 8:00 AM --- 5:30 PM INSTRUCTOR'S CHOICE	21 5:00 AM SWITCH UPS 6:30 AM ABS & STRETCH 8:00 AM MINDFUL MOVEMENT	22 8:00 AM POWERWALK POWERED UP with Kim
	24 5:00 AM MASHUP TABATA 6:30 AM BEAST MODE 8:00 AM MINDFUL MOVEMENT 5:30 PM ARMS & HIIT	25 5:00 AM --- 6:30 AM LIFT 8:00 AM --- 5:30 PM ABS & HIIT with Kim	26 5:00 AM BAGS PLUS 6:30 AM INSTRUCTOR'S CHOICE 8:00 AM MINDFUL MOVEMENT 5:30 PM BAGS + 7:00 PM KRAV MAGA Self Defense	27 5:00 AM --- 6:30 AM BAGS+ 8:00 AM --- 5:30 PM BEAST MODE	28 5:00 AM INSTRUCTOR'S CHOICE 6:30 AM WOD 8:00 AM MINDFUL MOVEMENT	29 REST DAY! Rejuvenate! ReEnergize! ReVitalize! ReFresh!
	31 5:00 AM 6:30 AM HAPPY MEMORIAL DAY 8:00 AM 5:30 PM	1 5:00 AM --- 6:30 AM SHOULDERS & LEGS 8:00 AM --- 5:30 PM TOTAL BODY with Donna	2 5:00 AM BAGS PLUS 6:30 AM CORE & CARDIO 8:00 AM MINDFUL MOVEMENT 5:30 PM TABATA 7:00 PM KRAV MAGA Self Defense	3 5:00 AM --- 6:30 AM CHEST TRICEPS BICEPS 8:00 AM 5:30 PM LOWER BODY	4 5:00 AM MINI CIRCUITS 6:30 AM BAGS + 8:00 AM MINDFUL MOVEMENT	5 8:00 AM POWERWALK POWERED UP with Kim

EMOM: Every Minute On the Minute  
LIFT: weight LIFTing  
METCON: Metabolic Conditioning  
WOD: Workout Of the Day

PUSH Day: Chest, Shoulders, Triceps  
PULL Day: Back + Biceps  
AMRAP: As Many Reps As Possible  
7x7x7: 7 Exercises x 7 Reps x 7 Sets

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[reshapeyoufitness@gmail.com](mailto:reshapeyoufitness@gmail.com)

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When you replace judgement with curiosity, everything changes.