

# ELEVATE

FITNESS

DEWITT  
5791 Widewaters Pkwy

OUTDOOR

## GROUP FITNESS

Beginning August 8,  
2020

[ELEVATESYRACUSE.COM](http://ELEVATESYRACUSE.COM)

### MONDAY

6 am  
WEIGHTED CARDIO  
with DARCY

9 am  
SPINNING  
with TONYA

5:30 pm  
SPINNING  
with PATRICK

### TUESDAY

7 am  
GROUP FIGHT  
with LISA

9 am  
STRENGTH  
with DAVID

### WEDNESDAY

6 am  
INSANITY  
with DAVID

5:30 pm  
GROUP BLAST  
with PATRICK

6:45 PM  
ZUMBA  
with JESUS

### THURSDAY

9 am  
BURN  
with JEFF

5:30 pm  
SPINNING  
with LISA

### SATURDAY

8 am  
INSANITY  
with DAVID

9 am  
BURN  
with JEFF

