

ELEVATE

FITNESS

LIVERPOOL
7455 Morgan Road

OUTDOOR

GROUP FITNESS

Beginning August 8,
2020

ELEVATESYRACUSE.COM

MONDAY

9 am
SPINNING
with RENEE

10 am
KICK
with TISHA

5:30 pm
SPINNING
with DIANE

TUESDAY

5:30 pm
BOOTCAMP
with PATTY

WEDNESDAY

9 am
CARDIO
YOGA
with
MAURITA

5:30 pm
BARRE
with JEN

THURSDAY

9 am
SPINNING
with RENEE

5:30 pm
BOOTCAMP
with PATTY

SATURDAY

9 am
ZUMBA
with JESUS

10 am
KICK
with TISHA

