



FITLIFE

GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>9:30AM</u> FITHIT STRENGTH Jackie	<u>9:00AM</u> FITHIT Christie	<u>9:30AM</u> FITHIT SCULPT Jackie			<u>8:30AM</u> SPIN Jackie/Christie Alternating Instructors	
	<u>9:30AM</u> SPIN Christie				<u>9:00AM</u> FITHIT Jackie/Christie Alternating Instructors	
	<u>10:00AM</u> YOGA Derina				<u>9:30AM</u> STRENGTH & STRETCH Brianna	
	<u>5:45PM</u> SPIN Terry	<u>5:30PM</u> STRENGTH & SCULPT (Pilates Inspired) Derina	<u>5:45PM</u> SPIN Terry			

FITHIT:

A full body workout designed to strengthen muscles, increase metabolic efficiency and burn calories! Each FITHIT coach will incorporate their own expertise to give you a great workout that is always engaging and never repetitive. Movements may include resistance training, plyometrics, interval and core training. Blast your muscles and boost your metabolism on your way to being in the best shape of your life!

Spin:

Heart pumping music and high energy fill the room as you climb, sprint and jump on the bike. Pedal your way to peak performance.

Yoga:

This is a "flow" style yoga class appropriate for all levels. Focus on proper alignment, breathing and posture as you are guided through a variety of poses.

STRENGTH and SCULPT:

Inspired by Barre fitness. Barre is a hybrid workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga, static holds and strength training.

STRENGTH and STRETCH:

Class will focus on building core and full-bodied strength along with functional mobility exercise and coaching.