

Group Fitness (Zumba, Yoga) & Group Personal Training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:15pm-1pm Group Training (Vicki)	12:15pm-1pm Group Training CARBS Cardio & Abs & Stretch (Coach Cai)	12:15pm-1pm Group Training (Vicki)	12:15-1pm Group Training 'LIFT' Strength & Endurance (coach Cai)	12:15-1pm Group Training (vicki)	
<p>Coming Soon...kids after school fitness classes! "Kids Time out" (fun and games) Register for more info !</p>					
5:30pm-6:15 Group Training (Vicki)	5:45pm-6:30pm INTRO To Yoga (Jessenia)	5:30pm-6:15 Group Training Kickboxing & HIIT (Vicki)	5:45pm-6:30  (Leslie)	5:30pm-6pm Group Training Express class (Vicki/Cai)	

1 FREE CLASS

* Try one free class on us!
(First time visitor. Must live in Jax, FL)

Positively Fit
positivelyfitforlife.com
(904) 306-0344