
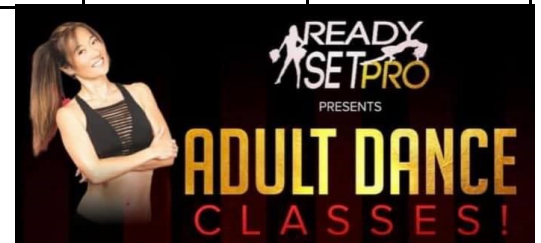


positivelyfit FOR LIFE

Group Fitness (Zumba, Yoga, Tone) , Group Personal Training & premium dance schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:15pm-1pm Group PT HIIT (Vicki)			12:15-1pm Group PT HIIT (Sandy)		
5:45pm-6:30 Group PT HIIT (Vicki)	5:45-6:30pm Group PT weight training <hr/> 5:45-6:45pm BARRE Toning & Stretching (Missy C)	5:45pm-6:30 Group PT Boxing/ Kickboxing (Vicki)	5:45pm-6:30 Zumba (Leslie) 	5:45pm-6:30 Group PT HIIT (Missy S/ Leslie)	
6:30pm-7:15pm Group PT HIIT (Casey)		6:30pm-7:15pm Group PT HIIT (Casey)			

Group Personal Training : (premium program) is a fun, intense full body workout, led by a professional Trainer, in a small group setting. Classes held in the gym, outside or in upstairs studio. All fitness levels welcome. Modifications are provided at each station so that people of all fitness levels can succeed! (Program design includes components in cardio vascular high interval exercise (HIIT), strength training, flexibility & balance improvement, increased core strength. * HIIT training is proven to increase heart health & create more rapid fat loss. \$17-\$20/class or monthly unlimited plan.



Ask about Private, & semi-private
dance instruction.
Also, Pop-up classes TBA!

Group Fitness: (Zumba, Barre) All fitness levels welcome. Ages 14 & up. Drop-in fee \$10 per class for non members.