

## Group Fitness (Zumba, Barre /Tone) & Group Personal Training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:15pm-1pm <b>Group Training</b> (Vicki)	12:15pm-1pm <b>Group Training</b> (Vicki)	12:15pm-1pm <b>Group Training</b> (Vicki)		12:15-1pm <b>Group Training</b> (vicki)	
5:30pm-6:15 <b>Group Training</b> (Missy S)	5:45pm-6:30pm <b>BARRE</b> <b>Toning &amp; Stretching</b> (Missy Cole)	5:30pm-6:15 <b>Group Training</b>  <b>HIIT &amp; Kickboxing</b> (Vicki)	5:45pm-6:30  (Leslie)		

**Group Fitness:** (Zumba, Barre) All fitness levels welcome. Classes the whole family can enjoy together. Drop-in fee \$10 per class for non members. Basic Plus Monthly plan: \$29.99 unlimited classes, billed eft.

10,20-class passes are available for purchase.

**Small Group Training :** (premium program) is a fun, full body workout, led by a professional trainer, in a group setting. Enjoy the camaraderie , encouragement & accountability from the crew & never have to deal with 'gym boredom' again! Classes held in the gym, outside or in our upstairs studio. **All fitness levels welcome.** Modifications are provided at each station! Program design includes all components of fitness , so you can expect to see improvement in: cardio vascular efficiency, strength training, core strength, flexibility, balance, & body composition . TWO easy ways to participate: 1) pay by the class \$20 non members, \$17 PF members. 2) sign-up for the **UNLIMITED monthly plan, (BEST Value)** take as many classes as you want daily, weekly, monthly for only \$150. (less than \$40/week to work with a trainer!)



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

**Positively Fit**  
positivelyfitforlife.com  
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