

Group Class Schedule - Late Summer 2020

See Each Class for Available In-Person Spots

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step Intervals* Naomi 8:30am 7 In-Person Spots	Fit Boxing Jenny & Naomi 8:30am 7 In-Person Spots	Power Intervals* Jenny 8:30am 7 In-Person Spots	Fit Barre Naomi 8:30am 7 In-Person Spots	Butts & Guts Jenny & Naomi 8:30am 7 In-Person Spots	Circuits Nick 8:30am 7 In-Person Spots	
	Zumba Jenny & Naomi 9:30am 9 In-Person Spots	Stretch Class Jenny 9:30am 7 In-Person Spots	Fit Boxing Jenny & Naomi 9:30am 7 In-Person Spots	Zumba Jenny & Naomi 9:30am 9 In-Person Spots	Zumba Jenny, Naomi & Sam 9:45am 9 In-Person Spots	Zumba Sam 10:30am 9 In-Person Spots
Please sign up for classes on Mindbody. Please take note when Signing Up for "At Home" or "Fit Club" Classes						
Zumba Sam 6:00pm 9 In-Person Spots		Circuits Nick 5:00pm 7 In-Person Spots				

*STEP INTERVALS

This class is a 45 minute intense workout using a fitness step and body weight exercises. You will do combinations of cardio step routines and alternate body weight strength exercises. If you do not have a step, we have some available.

*POWER INTERVALS

This class combines strength exercises and high intensity cardio exercises. 45 minutes of an intense challenging workout. Modifications can be made and still the workout will be challenging.



Fit Club Hours

Mon-Fri7:00am-12:00pm
 3:00pm-7:00pm
 Saturday8:00am-12:00pm
 Sunday..... Closed

www.fitclubbridgefield.com

Classes subject to change