Fitness Class Schedule

EFFECTIVE December 1, 2018

Fitness that Fits
www.fitnessthatfits.ca
416-231-BFIT (2348)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00–7:00am	**Cardio Muscle Core** Jacqueline		**Total Body Burn** Jacqueline		**Cardio Interval** Jacqueline		
8:00–9:00am						**Total Body Burn** Jacqueline	
9:15–10:15am	**Muscle Conditioning** Jacqueline	**Cardio Weights & Core** Nadia	**20-20-20** Nadia	**Total Body Burn** Alex	**Interval 6×10** Nadia	**Cardio Butts & Guts** Nadia	**Muscle Conditioning** Alex
10:30–11:30am							**Pilates** Michele
3:00-4:00pm							
5:00-6:00pm							
6:30–7:30pm	**Cardio Butts & Guts** Nadia	**Pilates/Muscle Burn** Michele		**Pilates Fusion** Laura			

Personal Training
By appointment only. 7 days a week. Call 416-231-2348 or visit to schedule a FREE consultation!

Heart Wise Personal Training
Book your FREE consultation with Nadia, Owner FtF, Personal Trainer & heart attack survivor!

Fitness Check-in Appointments with Nadia

Objective: To hold you accountable on your healthy lifestyle routine.

15 min. individual appointments include:

- Goal review & accountability chat
- Weigh-in & measurements
- Food journal review & nutritiion tips
- Exercise & stretching tips

Pre-register for 4, 8 or 16 appointments.

Call or visit for more details!