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416-231-BFIT (2348)

# Fitness Class Schedule

## New Schedule Effective: Jan 2nd 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00am						HIIT Michele	
9:15-10:15am	Muscle Conditioning Alex	Cardio Weights & Core Nadia	20-20-20 Nadia	Total Body Burn Alex	Interval 6x10 Nadia	Cardio Butts & Guts Nadia	Total Body Burn Paloma
10:30-11:30am				Hot Booty Workout Paloma			Pilates Michele
11:30-12:30pm						NEW Pre-registered Body Sculpt(1hr X 4wks) Paloma	NEW Pre-registered Body Sculpt(1hr X 4wks) Paloma
6:30-7:30pm	Pilates • Weights Michele			Strength Balance Core Laura	NEW Pre-registered Body Sculpt(1hr X 4wks) Paloma		
7:00-8:00pm		NEW Pre-registered Body Sculpt(1hr X 4wks) Paloma				<b>Fitness Check-in Appointments with Nadia</b> <b>Objective:</b> To hold you accountable on your healthy lifestyle routine.  <b>15 min. individual appointments include:</b> <ul style="list-style-type: none"> <li>• Goal review &amp; accountability chat</li> <li>• Weigh-in &amp; measurements</li> <li>• Food journal review &amp; nutrition tips</li> <li>• Exercise &amp; stretching tips</li> </ul>	
8:00-9:00pm			NEW Pre-registered Body Sculpt(1hr X 4wks) Jenni				
<b>Personal Training</b> By appointment only. 7 days a week. Call 416-231-2348 or visit to schedule a FREE consultation!							
<b>Heart Wise Personal Training</b> Book your FREE consultation with Nadia, Owner FtF, Personal Trainer & heart attack survivor!							

Pre-register for 4, 8 or 16 appointments.

Call or visit for more details!