



**group fitness center  
for everyone!**

**schedule  
july 1st - 31st**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CLOSED FOR THE HOLIDAY 7/5</b>					<b>CLOSED FOR THE HOLIDAY 7/3</b>	<b>CLOSED FOR THE HOLIDAY 7/4</b>
6:00am - 6:45am kickboxing victoria	6:00am - 6:45am boot camp indoor/outdoor victoria	5:45am - 6:45am <b>TRX</b> Suspension Training Total Body Blast! pre-registration required	6:00am - 6:45am SPINNING lisa	6:00am - 6:45am muscle conditioning victoria		8:00am - 9:00am muscle conditioning deb/victoria
9:15am - 10:00am kickboxing victoria	9:15am - 10:30am mixed bell victoria	9:15am - 10:00am sport step	9:15am - 10:15am muscle conditioning	9:15am - 10:15am step interval	8:30am - 9:30am boot camp indoor/outdoor	9:00am - 10:00am SPINNING victoria
10:00am - 10:30am core strength victoria		10:00am - 11:00am <b>TRX</b> Suspension Training Total Body Blast! pre-registration required	10:15am - 11:00am SPINNING		9:30am - 10:30am ZUMBA victoria	
		<b>you must have completed a TRX Beginner session, or have previous TRX experience to participate in TRX Total Body Blast</b>			<b>NO ZUMBA SATURDAY 7/17 ONLY!</b>	
	6:30pm - 7:30pm stability ball/muscle conditioning	6:30pm - 7:30pm kickboxing victoria	6:30pm - 7:30pm muscle conditioning victoria			
7:00pm - 8:00pm SPINNING lisa Classic Rock Spin on 7/19!!	7:30pm - 8:30pm boot camp indoor/outdoor victoria	7:30pm-8:30pm kettlebell training victoria	7:30pm - 8:30pm ZUMBA victoria			ZUMBA non-members welcome 10-class Zumba card \$85 or drop-in \$10
7:30pm - 8:30pm <b>TRX</b> Suspension Training Total Body Blast! pre-registration required					deb dushku 774-573-7193 fit@charter.net www.firstintraining.com	<b>f.i.t.</b> 9 menfi way hopedale, ma (outside the hopedale airport, just off hartford avenue)

**\*\*class schedule & instructors subject to change without notice. f.i.t. reserves the right to cancel classes at any time\*\***