



## group fitness center for everyone!

### schedule february 1st - 29th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am - 6:45am kickboxing victoria	6:00am - 6:45am <b>BOOT CAMP</b> victoria	5:45am - 6:45am <b>TRX</b> Suspension Training deb <i>you must sign-up for this class</i>	6:00am - 6:45am <b>SPINNING</b> deb	6:00am - 6:45am muscle conditioning victoria		
					7:30am-8:30am <b>TRX</b> Suspension Training victoria <i>you must sign-up for this class</i>	8:00am - 9:00am muscle conditioning deb/victoria
9:15am - 10:15am kickboxing victoria	9:15am - 10:15am muscle conditioning victoria	9:15am - 10:00am sport step deb	9:15am - 10:15am <b>SPINNING</b> deb <i>you must sign-up for this class</i>	9:15am - 10:15am instructor's choice deb	8:30am - 9:30am <b>BOOT CAMP</b> deb	9:00am - 10:00am <b>SPINNING</b> deb/victoria <i>you must sign-up for this class</i>
10:15am - 10:30am f.i.t. to the core! victoria	10:15am - 11:00am <b>SPINNING</b> joan <i>you must sign-up for this class</i>	10:00am - 11:00am <b>TRX</b> Suspension Training deb <i>you must sign-up for this class</i>	10:15am - 11:00am muscle conditioning deb		9:30am - 10:30am <b>ZUMBA</b> fitness victoria	
		10:00am - 10:45am kettlebell training victoria	<div style="background-color: red; color: white; padding: 10px; border-radius: 10px; display: inline-block;"> <p><b>you must have completed a TRX Beginner Session, or have previous TRX experience to participate in any of our TRX classes.</b></p> </div>			
6:30pm - 7:30pm <b>TRX</b> Suspension Training deb <i>you must sign-up for this class</i>	6:30pm - 7:30pm stability ball/muscle conditioning deb	6:30pm - 7:30pm kickboxing victoria	6:30pm - 7:30pm muscle conditioning bree			
7:30pm - 8:30pm <b>Yoga</b> multi-level flow deb	7:30pm - 8:30pm <b>SPINNING</b> victoria <i>you must sign-up for this class</i>	7:30pm - 8:30pm kettlebell training victoria	6:30pm - 7:30pm <b>TRX</b> Suspension Training victoria <i>you must sign-up for this class</i>			<b>ZUMBA</b> fitness non-members welcome 10-class Zumba card \$85 or drop-in \$10
			7:30pm - 8:30pm <b>ZUMBA</b> fitness victoria		508-966-5fit(5348) <a href="http://www.firstintraining.com">www.firstintraining.com</a>	<b>f.i.t.</b> 15 north main st bellingham (bellingham plaza route 126 behind Dairy Queen)

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