




FIT

Training & Class Schedule

Oct 2018

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6:00am Small Group 7:00am Small Group 4:30pm Small Group 5:30pm Small Group 6:30pm Cardio Dance	2 5:00pm Cardio Blast* 5:30pm Small Group 6:30pm Small Group101 7:30pm Weight Loss w/Pam	3 6:00am Small Group 7:00am Small Group 4:30pm Small Group 5:30pm Small Group	4 5:30pm Small Group 6:30pm Cardio Dance	5 6:00am Small Group 9:00am Small Group 5:30pm NO CLASS	6 9:00am Small Group w/Jesse
7	8 6:00am Small Group 7:00am Small Group 4:30pm Small Group 5:30pm Small Group 6:30pm Cardio Dance	9 5:00pm Cardio Blast* 5:30pm Small Group 6:30pm Small Group101 7:30pm Weight Loss	10 6:00am Small Group 7:00am Small Group 4:30pm Small Group 5:30pm Small Group	11 5:30pm Small Group 6:30pm Cardio Dance	12 6:00am Small Group 9:00am Small Group 5:30pm Praise Fit	13 9:00am Small Group 10:00am FREE COMMUNITY WORKOUT 6:30pm U Nite Event
14	15 6:00am Small Group 7:00am Small Group 4:30pm Small Group 5:30pm Small Group 6:30pm Cardio Dance	16 5:00pm Cardio Blast* 5:30pm Small Group 6:30pm Small Group101 7:30pm Weight Loss	17 6:00am Small Group 7:00am Small Group 4:30pm Small Group 5:30pm Small Group	18 5:30pm Small Group 6:30pm Cardio Dance	19 6:00am Small Group 9:00am Small Group 5:30pm Praise Fit	20 7:30am Small Group 9:00am Breast Cancer 5K 
21	22 6:00am Small Group 7:00am Small Group 4:30pm Small Group 5:30pm Small Group 6:30pm Cardio Dance	23 5:00pm Cardio Blast* 5:30pm Small Group 6:30pm Small Group101 7:30pm Weight Loss (Chili Cook-Off)	24 6:00am Small Group 7:00am Small Group 4:30pm Small Group 5:30pm Small Group	25 5:30pm Small Group 6:30pm Cardio Dance	26 6:00am Small Group 9:00am Small Group 5:30pm Praise Fit	27 8:30am Small Group 10:00am Movement Workshop
28	29 6:00am Small Group 7:00am Small Group 4:30pm Small Group 5:30pm Small Group 6:30pm Cardio Dance	30 5:00pm Cardio Blast* 5:30pm Small Group 6:30pm Small Group101 7:30pm Weight Loss (new challenge)	31 6:00am Small Group 7:00am Small Group 4:30pm Small Group 5:30pm Small Group	*Schedule a 15 minute one-on-one meeting with Dawn to review your goals/progress!		

Drop-in Rates: Group Sessions \$18 (Classes are 45 minutes unless *30-minute class)~ Cardio Dance \$8 (1 hour classes)
 For more information on classes and training sessions, call (540)688-7296 or visit www.ufitva.com



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Class Descriptions:

Small Group: Personal training in a small group setting which incorporates functional strength training movements with an emphasis in balance, core and cardio endurance.

Cardio Blast: High intensity interval training designed for all levels of fitness which incorporates short bursts of high-intensity exercise alternating with active recovery to get a quick, efficient work out that may or may not be completed with a trampoline.

Jump Dance: Bounce your way to fun and massive calorie burn. This class is choreographed dance movements on the trampoline to music that will motivate and increase your heart rate. It is low impact for your joints and bones. A full high intensity workout to get you in and out quickly.

Weight Loss: This class is a weight loss class with weigh ins that help you learn how your body reacts to what you are putting into it, and give life sustaining tools to keep forever.

Cardio Dance: This class is choreographed dance movements to music where you have fun and burn massive calories at the same time. Praise Fit uses more Christian music with the same concept as Cardio Dance.

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