



SPRING CLASS SCHEDULE – FREE



(Non-Members Get 3 Free Classes)

TUESDAY NIGHTS 7 PM – 8 PM

FITNESS DRILLS

We combine Interval Fitness Training with agility and conditioning
(think football camp but way more fun!)

THURSDAY NIGHTS 7 PM – 8 PM

INTERVAL FITNESS TRAINING

Burpees, Push-ups, Mountain Climbers, Sitting Tucks and all
functional exercise (think strength training, speed training, agility and conditioning)

SATURDAY MORNINGS 10 AM – 11 AM

INTERVAL FITNESS TRAINING ON TURBO

Burpees, Push-ups, Mountain Climbers, Sitting Tucks and all
functional exercise (think strength training, speed training, agility and conditioning)

See Our Facebook Page for Updates on Class Schedules: <https://www.facebook.com/fitchoice247>