



## VIRTUAL GROUP CLASS SCHEDULE

Starting **THIS MONDAY MARCH 30, 12:00 PM** tune in to the F.I.T. Solutions Instagram page for free classes led by our team of trainers and group class instructors! Take advantage of great classes right from the comfort of your own home!



**MONDAY 12:00 PM | WEDNESDAY 6:00 PM | FRIDAY 9:00 AM**



### YOGA

From beginner to advanced, all experience levels welcome and encouraged. Focusing on breathing patterns, the basic poses, yoga stretches, and meditation to wrap it all up.

**TUESDAY | SUNDAY 12:00 PM**



### HIIT

Conditioning class designed to keep the intensity high and the downtime low. This training style allows you to leverage the benefits of cardio by intentional manipulation of the heart rate. For any and all experience levels to go at their own pace with friendly motivation and high energy.

**THURSDAY 6:00 PM**



### ZUMBA

Mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

**SATURDAY 9:00 AM**



### BOOTCAMP

Full body conditioning class designed with strength in mind. This training style allows you to use simply your own bodyweight for an effective and efficient strength-training workout.