



GROUP FITNESS

JANUARY 2024

www.fittogofitness.com

217.246.4980

502 EAST EDWARDS ST, LITCHFIELD

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
5:15a	 FTG Cycling 40mins - Brittany		 WEIGHTS 40mins - Brittany			<p>KEY</p> <p>N - NEW THIS SCHEDULE</p> <p>RATES</p> <p>General Sessions (non-bold) Drop-In Rate 5 10 Pack 39 FREE to Members</p> <p>Specialty Sessions (BOLD) Drop-In Rate 7 10 Pack (Member) 59 10 Pack (Non-member) 65 FREE to Platinum Members</p> <p>Unlimited Sessions (includes general & specialty) 69/mo 59/mo reoccurring EFT</p>
5:30a		Pilates 30min - Meghan		Pilates 30min - Meghan	 FLEX FRIDAY 45mins - Meghan N	
6a		Butts & Guts 30 min - Meghan		Butts & Guts 30 min - Meghan		
6:30a	Fit-n-Fab 30mins - Kristin		Fit-n-Fab 30mins - Kristin		Fit-n-Fab 30mins - Kristin	
9a	 ZUMBA 45mins - Joyce	AgeFIT Yoga 45 min - Karen	 BODY TRIM 45mins - Victoria	 ZUMBA 45mins - Joyce	FREE CYCLE FRIDAY (no fee for members) 30 min - Victoria	
10a	AgeFIT 45 min - Joyce		AgeFIT 45 min - Victoria	AgeFIT 45 min - Joyce		
4:15p		 BODY TRIM 45mins - Sheila				
5:15p	Pilates 30min - Meghan					
5:30p			mid-week reset  Yoga gentle flow 45mins - Caitlin			



FTG HOTOHOUSE STUDIO

Hot Fitness Session
Schedule on the Back!!!
Flip me over!



MINDBODY