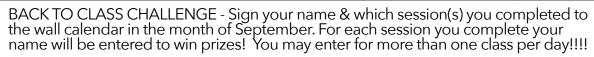
GROUPFITNESS SEPTEMBER2021

www.fittogofitness.com 217.246.4980

502 EAST EDWARDS ST, LITCHFIELD

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
5:15a	FTG Cycling 40mins - Sheila		WENDESDAY NO NEIGHTS 40mins - Sheila			THE BLAST (Hot Barre) 60mins - Lori (10a)
5:30a		Pilates 30min - Meghan	THE PULSE (Hot Pilates) 60mins - Meghan	Pilates 30min - Meghan	LOUBOOTCAMP 45mins · Meghan	KEY
6a		Butts & Guts 30 min - Meghan		Butts & Guts 30 min - Meghan		BOLD - SPECIALTY CLASSES Registration & fee is required at the FTG office or through
6:30a	Fit-n-Fab 30mins - Kristin		Fit-n-Fab 30mins - Kristin		Fit-n-Fab 30mins - Kristin	MindBody. Non-bold font classes are free to members!!
9a	Barre basics 40mins - Meghan		FTG Cycling 40mins - Meghan		FREE CYCLE FRIDAY (no fee for members) 30 min - Lainey	N -NEW THIS SCHEDULE -LOCATED MARINA 1 AT
9:45a	AgeFIT 45 min - Yara				THE PULSE (Hot Pilates) 60mins - Meghan	LAKE LOU YAEGER
2:15p				AgeFIT 45 min - Yara		- HOTHOUSE SESSIONS Hothouse Studio sessions are semi- private & limited to no more than 6
5р	THE FLOW (Hot Yoga) 60mins - Beth					students. They are held in our infrared heated studio located at the back of FTG. These programs require
5:15p	GABATA 35mins - Meghan	Cardio Kick 45mins - Sheila	FTG Cycling 40mins - Bill	Barre basics 40mins - Sheila		a separate fee. Members receive a discount & Platinum Members receive two a month (can be used either hot programs or sauna use)
6р	Pilates 30min - Meghan	THE RESISTANCE (Hot Total Body & Foam Roll), 60mins - Lainey	THE BLAST (Hot Barre) 60mins - Lori	THE PULSE (Hot Pilates) 60mins - Meghan	THE BLAST (Hot Barre) 60mins - Lori	September cancelled sessions: Labor Day, Monday 9/6: All regular class sessions cancelled.
6:05p			Core Conditioning 20 min -Bill			Look for a PopUp Session!!!!











MINDBODY