


















GROUP FITNESS

SEPTEMBER 2021

www.fittogofitness.com

217.246.4980

502 EAST EDWARDS ST, LITCHFIELD

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
5:15a	 FTG Cycling 40mins - Sheila		WEDNESDAY MORNING WEIGHTS 40mins - Sheila ^N			THE BLAST (Hot Barre)  60mins - Lori (10a)
5:30a		Pilates 30min - Meghan	THE PULSE (Hot Pilates)  60mins - Meghan	Pilates 30min - Meghan	 FTG LOU BOOT CAMP 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 MindBody. <u>Non-bold font classes are free to members!!</u> N –NEW THIS SCHEDULE  –LOCATED MARINA 1 AT LAKE LOU YAEGER  FTG HOTHOUSE STUDIO  – HOTHOUSE SESSIONS Hothouse Studio sessions are semi-private & limited to no more than 6 students. They are held in our infrared heated studio located at the back of FTG. These programs require a separate fee. Members receive a discount & Platinum Members receive two a month (can be used either hot programs or sauna use) September cancelled sessions: Labor Day, Monday 9/6 : All regular class sessions cancelled. Look for a PopUp Session!!!!
6:30a	Fit-n-Fab 30mins - Kristin		Fit-n-Fab 30mins - Kristin		Fit-n-Fab 30mins - Kristin	
9a	Barre basics 40mins - Meghan		 FTG Cycling 40mins - Meghan		FREE CYCLE FRIDAY (no fee for members) 30 min - Lainey	
9:45a	New Time! AgeFIT 45 min - Yara				THE PULSE (Hot Pilates)  60mins - Meghan	
2:15p				AgeFIT 45 min - Yara		
5p	THE FLOW (Hot Yoga)  60mins - Beth					
5:15p	 TABATA 35mins - Meghan	BEGINNER ^N Cardio Kick 45mins - Sheila	 FTG Cycling 40mins - Bill	Barre basics ^N 40mins - Sheila		
6p	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	
6:05p			Core Conditioning 20 min -Bill			



BACK TO CLASS CHALLENGE - Sign your name & which session(s) you completed to the wall calendar in the month of September. For each session you complete your name will be entered to win prizes! You may enter for more than one class per day!!!!



MINDBODY