

FIT-to-GO

GROUP FITNESS SCHEDULE DECEMBER 12 - JANUARY 20

416 W KIRKHAM ST, LITCHFIELD, IL 62056
217.246.4980 www.fittogofitness.com

SUN	MON	TUE	WED	THU	FRI	SAT
		PILATES Meghan 5:30a - 5:55a		PILATES Meghan 5:30a - 5:55a		
	INDOOR CYCLING ✓ Meghan 6a - 6:45a	CROSS CONDITIONING Meghan 6a - 7a	INDOOR CYCLING ✓ Sheila 6a - 6:45a	CROSS CONDITIONING Meghan 6a - 7a	INDOOR CYCLING ✓ Meghan 6a - 6:45a	
		INDOOR CYCLING ✓ Sheila 6a - 6:45a		INDOOR CYCLING ✓ Sheila 6a - 6:45a		
	Kick, Core, & More Victoria 8:30 a - 9:30a	BODY TRIM Sheila 8:30 a - 9:30a	Kick, Core, & More Victoria 8:30 a - 9:30a	BODY TRIM Sheila 8:30 a - 9:30a	Kick, Core, & More Victoria 8:30 a - 9:30a	
	INDOOR CYCLING ✓ Meghan 9:30a - 10:30a		INDOOR CYCLING ✓ Meghan 9:30a - 10:30a		INDOOR CYCLING ✓ Meghan 9:30a - 10:30a	
		INDOOR CYCLING ✓ Natalie 5:45p - 6:30p		INDOOR CYCLING ✓ Natalie 5:45p - 6:30p		
	KICK & STEP Sheila 6p - 7p		KICK & STEP Sheila 6p - 7p			

Class Guide

✓ **Space Limited:**
Please Sign-Up or Call
Ahead