FIT-to-GO

GROUP FITNESS SCHEDULE JANUARY 30 - MARCH 9

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 ✓ Victoria 9:30a - 10:30a		***INDOOR CYCLING ✓*** Victoria 9:30a - 10:30a		
		LUNCH CRUNCH ***INDOOR CYCLING ✓*** Victoria 12:15 - 12:45		LUNCH CRUNCH ***INDOOR CYCLING ✓*** Victoria 12:15 - 12:45		
	NEW KETTLE BELL Victoria 5:15p - 6p		NEW KETTLE BELL Victoria 5:15p - 6p			
		INDOOR CYCLING ✓ Natalie 5:45p - 6:30p		***INDOOR CYCLING ✓*** Natalie 5:45p - 6:30p		
	NEW KETTLE BELL Victoria 6:15p - 7p		NEW KETTLE BELL Victoria 6:15p - 7p			

Class Guide

✓ Space Limited:
Please Sign-Up or Call Ahead