FIT-to-GO

GROUP **FITNESS**
MARCH 2024

www.fittogofitness.com
217.246.4980
502 EAST EDWARDS ST, LITCHFIELD

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15a	**FTG Cycling** **40mins - Brittany**		WENDESDAY MORNING **WEIGHTS** **40mins - Brittany**		
5:30a		Abs, Buns & Guns N 40min - Meghan		Pilates 40min - Meghan	FLEX 6 **FRIDAY** **45mins - 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		**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	AgeFIT 45 min - Victoria
4:15p					
5:15p	Pilates 30min - Meghan				
5:30p			mid-week reset **Yoga** gentle flow **45mins - Caitlin**		

KEY

N – NEW THIS SCHEDULE

RATES

General Sessions (non-bold)
Drop-In Rate 5
10 Pack 39
FREE to Members

Specialty Sessions (BOLD)
Drop-In Rate 7
10 Pack (Member) 59
10 Pack (Non-member) 65
FREE to Platinum Members

Unlimited Sessions
(includes general & specialty)
69/mo
59/mo reoccurring EFT

FTG HOTHOUSE STUDIO

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

MINDBODY