

# SCHEDULE



## Spin (1 hour)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning					
9:30am Spin/Barre (Lynn)		9:30am Spin/Barre (Lynn)		9:30am Spin/Barre (Lynn)	
					10:15am
Evening					
	5:30pm Spin (Lynn)		5:30pm Spin (Katy/Lynn)		

## Barre (1 hour)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning					
	7:00am Cardio/Core (Alexandrea)		7:00am Cardio/Core (Alexandrea)		
	10:15 Gentle Stretch (Alexandrea)				
Evening					
5:30pm Barre (Susie)		5:30pm Barre (Susie)			



*Motivate to Move.  
Inspire to Change.  
Live FiT*

110 Park Ave  
Aiken, South Carolina 29801  
(803) 226-0242  
[www.fit-centers.com](http://www.fit-centers.com)

# MARCH SCHEDULE



## FiT Camp (1 hour)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am (Mark)		6:00am (Mark)		6:00am (Mark)	
7:15am (Mark)		7:15am (Mark)		7:15am (Mark)	
*8:30am <i>Light and FiT</i> (Alexandrea)		*8:30am <i>Light and FiT</i> (Alexandrea)		*8:30am <i>Light and FiT</i> (Lynn)	9:15am
	9:30am (Lynn)		9:30am (Lynn)		
*10:45am <i>Light and Fit</i> (Lynn)		*10:45am <i>Light and Fit</i> (Lynn)		*10:45am <i>Light and Fit</i> (Lynn)	
4:00 pm (Lynn)	4:00pm (Lynn)	4:00 pm (Lynn)	4:00pm (Lynn)		
5:30pm (Lynn)	5:30pm (Mark)	5:30pm (Lynn)	5:30pm (Mark)		
6:45pm (Andre)	6:45pm (Andre)	6:45pm (Andre)	6:45pm (Andre)		

\*Functional Interval Training

\*Light and Fit: introductory class/lighter version of Fit Camp



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