

# FiT Athlete Fall 2021 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			FiT Zen 7:30 – 8 am (Zoom)		
	Adult F.I.T 7:30-8:30 am		Adult F.I.T 7:30 – 8:30 am		
					Little FiT Athlete 9:30-11
Little FiT Athlete 4:00 – 5:30 pm			FiT Athlete 4:00 – 5:30 pm		FiT Athlete 11 – 12:30
FiT Athlete 5:30 – 7:00 pm	Teen F.I.T 6:00 – 7:00 pm	Teen F.I.T 6:00 – 7:00 pm	Little FiT Athlete 5:30 – 7:00 pm	Youth FIT 5:00 – 6:00 pm	Teen/Adult F.I.T 12 30– 130
Adult F.I.T 7:00 – 8:00 pm	FiT Zen 7:00 – 7:30 pm	Adult F.I.T 7:00 – 8:00 pm			

# Classes:

***FiT Athlete/Little FiT Athlete = Combination of Speed and Agility, Strength, Stretching, Breathing, and Nutrition guidance!***

***FiT Zen = Stretching, breathing, visualization***

***LFIT = Low intensity interval training for people looking for an average intensity with longer rest time***

***FIT = High intensity interval training for people looking for high intensity training with shorter rest times***

- **F.I.T. (Functional Interval Training)** = Circuit training which gets your metabolic rate higher for hours even after the workout, burns calories, builds endurance, can reduce resting heart rate, lowers blood pressure, improves oxygen consumption, helps burn fat, build strength and endurance. These classes are separated with the Adult F.I.T. (18+), Teen F.I.T. (13-17 years old), and Youth F.I.T. (12 years old and under group).
- **FiT Athletes** = Speed/quickness, strength, agility, injury prevention, explosive power, coordination, reflexes, nutrition guidance, sports chaos training. Designed for kids 13-18 years old.
  - **Little FiT Athletes** = same as FiT Athletes but for 12 years old and under.
- **FiT Zen** = Stretching, breathing, visualization, mobility enhancement and training you to get out of the sympathetic state and into the parasympathetic state for focus and recovery purposes.

# Daily Schedule:

## **Monday:**

Little FiT Athletes = 4:00 – 5:30 pm

FiT Athletes = 5:30 – 7 pm

Adult F.I.T.= 7:00 – 8:00 pm

## **Tuesday:**

Adult F.I.T.= 7:30 – 8:30 am

Teen F.I.T. = 5 – 6pm

FiT Zen = 6:00 – 6:30

## **Wednesday:**

Teen F.I.T.= 5:30 – 6:30 pm

Adult F.I.T.= 6:30 – 7:30 pm

## **Thursday:**

FiT Zen = 7:30 – 8 am

F.I.T. = 8 – 9 am

FiT Athlete = 4 – 530 pm

Little FiT Athletes = 5:30 – 7 pm

## **Friday:**

FiT Zen = 8-8:30 am

Youth F.I.T. = 5 – 6 pm

## **Saturday:**

FiT Zen = 8:30- 9 am

Little FiT Athletes = 9:30 – 11 am

FiT Athletes = 11 - 12:30

Teen/Adult F.I.T. = 12:30 – 1:30