

FiT Athlete Winter 2022-2023 Class

Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		FiTennis 8:00 – 9:00 AM			
					FiT Athletes 10:30 AM – 12:00 PM
Little FiT Athletes 4:30 – 6:00 PM			FiT Athletes 4:00 – 5:30 PM		
		F.I.T 6:00 – 7:00 PM	Little FiT Athletes 5:30 – 7:00 PM		
		FiT Zen 8:00 – 8:30 PM (Zoom)			

Classes:

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

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

FiT Zen = Stretching, breathing, visualization

- **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.