






















Fast and Fit ~ Personal Training Studio for Women

*Shape Up Classes are scheduled 2x/day but we are happy to teach
a Shape Up class anytime, provided we are not training a guest – you just have to ask.*

If we are training a guest at 11:00 or 3:00 we'll be with you as quickly as possible.

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
	7:00 - 7:30 9:30 - 10:00  With Judi		7:00 - 7:30 9:30 - 10:00  With Joyce		
On Request & 11:00 - 11:30  With Judi	On Request & 11:00 - 11:30  With Judi	On Request & 11:00 - 11:30  With Joyce	On Request & 11:00 - 11:30  With Joyce	On Request & 11:00 - 11:30  With Joyce	11:00 - Noon  With Judi
On Request & 3:00 - 3:30  With Tamara	On Request & 3:00 - 3:30   5:30 - 6:00 With Tamara	On Request & 3:00 - 3:30  With Tamara	On Request & 3:00 - 3:30   5:30 - 6:00 With Tamara	On Request & 3:00 - 3:30  With Judi	
 Instruction At Your Request	 Instruction At Your Request	 Instruction At Your Request	 Instruction At Your Request	 Instruction At Your Request	 Instruction At Your Request

~ ~ ~ See Next Page for Class Descriptions ~ ~ ~

The following program descriptions are taught on an on-going basis at Fast and Fit for Women. However, we set aside specific times (per the schedule) to make it more convenient for our members. We are available anytime to work with you on any of these programs and/or teach you new exercises. There are no additional fees to attend these trainings and classes.

CORE Strength Training Program ~ Starts With stabilization exercises to increase the strength of the core muscles from your legs up through your chest and shoulders. These low-intensity exercises will improve muscle balance, muscle endurance, core function, flexibility and static and dynamic balance to improve posture. *These are performed prior to the Progressive Load Training.*



Progressive Load Training ~ Strengthens specific muscles by utilizing free weights and/or body weight. This phase features muscle force production focusing on goals such as building up the muscles for strength and endurance, or simply to improve body composition. Trained muscles use stored fat for fuel not only during the training of the muscles, but also to maintain them as you continue to train.

Shape Up Small Group Classes ~ These are designed to present you with new methods of exercise. We utilize stability balls, resistance bands, foam rollers, weighted balls, free weights, Petrone Miracle relaxation balls as well as basic stretching techniques. These classes will add variety to your workouts and help you strengthen and tone your body. The format of the class will be different each time depending on the participants and the desire to learn something new and/or further strengthen your body. *These classes are member generated at member's request just about any time of your gym day.* Just ask! The class can be just for you and if others want to join in we will generate a spontaneous class.

Super Circuit Classes ~ These 30 minute classes will add some oomph to your workout, allowing you to perform an interval cardio workout. Each class is lead by a Staff Trainer who will keep you moving at a fast PACE around the circuit and teaching you techniques for increasing and decreasing your heart-rate. Includes a warm-up and cool-down. Heart rate monitors are available for your use to maximize your workout.