

FITSENTIALS Fitness Studio

~December 2020 - January 2021~ Group Fitness Classes

1018 Lincoln Road | Bellevue, NE 68005 | 402-305-7922

www.fitsentials.com

NOTE: Cancellations /Changes

All group fitness classes and instructors are subject to cancellation or change.

FOR INCLEMENT WEATHER: we follow Bellevue Public School System closures and post updates on Facebook.

FOLLOW: Fitsentials – Fitness Studio

NEWS @ FITS:

LIVE RECORDED CLASSES @ FITS (VIDEO ACCESS)!

If interested in this access, it's avail to everyone else for \$15/month--NOTE VIPS members have it included in their monhtly rate). Visit our FITSENTIALS Facebook Page & click on GROUPS. (Fitsentials Workouts (Recorded Live).

INTERESTED IN THE FITS 6-WK TRANSFORMATION PROGRAM?

Sign-ups OPEN til Dec 30th!
Session starts JAN 4th!

(Nutrition + Coach + Accountability = Success!)
contact Naviere @ 402-305-7922.

HOLIDAY CLOSURES: Fitsentials is closed

FRIDAY, DEC 25th
and
FRIDAY, JAN 1st

"LIKE" & follow us on  Fitsentials – Fitness Studio

A- WEEK	MONDAY	5AM w/ Naviere FIT!	NEW!! 445PM w/ Jenn Li-Hi	NEW!! 6PM w/ Naviere Barbell Strength (total body lift)
	TUESDAY	5AM w/ Jenn Cardio & Core	445PM w/ Jacque Barre Fitness	6PM w/ Gennie Step & Tone
	WEDNESDAY	FUN FORMAT! 5AM w/ Mary Pat Li-Hi (Low Impact, High Intensity)		530PM w/ Ellie Bootcamp Blast!
	THURSDAY	5AM w/ Gennie Barbell Strength	445PM w/ Naviere CHAOS! (Creative HIIT)!	6pm w/ Jenn Core2Floor
	FRIDAY / SATURDAY	FRIDAY! 5AM w/ Ellie AMRAP	SATURDAY! 830AM w/ Naviere Dance-Drum-Tone	A WEEKS START: DEC: 7th, 21st JAN: 4th & 18th
B- WEEK	MONDAY	5AM w/ Jenn Tabata	445PM w/Gennie Cardio & Core	6PM w/ Jacque Barre Fitness
	TUESDAY	5AM w/ Ellie Core2Floor	445PM w/ Mary Pat Li-Hi	6PM w/ Gennie Barbell Strength (total body lift)
	WEDNESDAY	FUN FORMAT! 5AM w/ Naviere -- Upper Body Lift 'N Abs		530PM w/ Cassie AMRAP
	THURSDAY	5AM w/ Gennie AMRAP	445PM w/ Cassie FIT!	6pm w/ Jenn Core2Floor
	FRIDAY / SATURDAY	FRIDAY! 5AM w/ Naviere EMOM!	SATURDAY! 830AM w/ Naviere Dance-Drum-Tone	B WEEKS START: DEC: 14th & 28th JAN: 11th & 25th

Class Format

****Not a complete list of classes**

NOTE: ALL fitness levels welcome in ALL classes!!

MIXXEDFIT®

MIXXEDFIT is a people inspired, dance fitness program that uses boot-camp inspired moves! Get excited because you'll quickly be able to pick up the easy-to-follow, repetitive moves which allows you to strive for your level 10! Engage your muscles and sweat with a smile—you don't want to miss this new, hot format!!

Core2Floor

Core2Floor is focused on abs/core, glutes and legs. It will tone and tighten your abdominals and legs ensuring you fully tax those muscle groups! Walking normal is overrated—just kidding! But you WILL know what you worked! 😊

Total Lift / Barbell

60-minutes of lifting...BOOM! Music beat inspired, muscle challenging and strength building. If you want a class solely focused on the lift, this is it!

Tabata

The ultimate in High Intensity Interval Training – HIIT. Tabata is 20 seconds of work—giving ALL you've got, followed by 10 seconds of rest. This is done in rounds and 8 rounds equals 4minutes of fat-blasting goodness! YES, you CAN handle this because Tabata hurts so good! Bring a can-do attitude and you'll surprise yourself with your results!

Barre Fitness

This hybrid class blends ballet inspired moves with elements of pilates, dance, yoga and strength training. Feel your body get stronger and more flexible as you work with high reps in small ranges of motion!

AMRAP

AMRAP stands for: As. Many. Rounds. As. Possible ... and sometimes that is even more than you thought yourself capable of! Don't miss this awesome format that incorporates total body moves (bodyweight, dumbbells, bands, and more) in sequences to complete as many as you can for an allotted amount of time.

FIT!

BLAST the fat in Fittsentials Interval Training – FIT! This class is designed to keep you engaged throughout the workout with THIS result: a fat-burning inferno a.k.a. your body! Different interval lengths will be implemented!

Li-Hi **NEW!** (Low Impact High Intensity)

Enter the class in which you don't have to worry about jumping or finding alternative moves that keep your heart rate-up, but feet on the floor. Here is Li-Hi (pronounced Lie-High) we find a way to maximize a steady-state cardio workout while being kind to your joints. You'll still need your water and towel so prepare to sweat!

Bootcamp Blast

60-minute combo that combines traditional bootcamp moves with fun and energy that only Fittsentials can deliver! Join us and journey to the past! All equipment provided

EMOM **NEW!**

EMOM - Every Minute On-the-Minute. This challenging format encourages intensity of movement to "earn" longer rest periods. By completing exercises as soon as possible in the minute, the remainder of time is recovery. This awesome interval structure is one you don't want to miss! Sweat towel recommended! :)