

FITSENTIALS Fitness Studio

~JAN – FEB 2019 GROUP FITNESS SCHEDULE~

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:

2019 Price Changes are here! To support our awesome team/facility, our rates increased from 2012 rates to current rates on 1/1/19. New Member Prices: VIP memberships: \$45/month. Punch cards: 7 classes for \$40.

FITS 6-Week Transformation: Born from Z-Camp, the 6-Week Transformation (6WT) is our new program that provides:
1:1 Coach w/ weekly accountability
Unlimited FITSENTIALS workouts
Customized nutrition plan

Next session starts 1 Feb ; initial investment is \$449. FITS members get a discount AND, ask Naviere how you can earn your investment back . Spots are limited so if you're ready, reach out asap for an info session w/ Naviere: 402-305-7922.

Stay on top of the latest happenings @ Fitsentials!

"LIKE" us on



Fitsentials – Fitness Studio

A- WEEK	MONDAY	5AM w/ Naviere Power Circuit	445PM w/ Gennie Barbell Strength	6PM w/ Naviere Zumba & Pound
	TUESDAY	5AM w/ Ellie AMRAP	445PM w/ Randi FIT!	6PM w/ Gennie Power Circuit
	WEDNESDAY	515AM w/ Tamika **45-min Pound**	NEW! 515PM w/ Gennie AMRAP	NEW TIME! 630PM w/ Bianca: PiYo Strength
	THURSDAY	5AM w/ Ellie Barbell Strength	445PM w/ Nick FIT!	NEW! 6pm w/ Naviere Dance Fitness
	FRIDAY	5AM w/ Naviere Tabata	NEW! 9:30am w/ Nick Power Circuit	A WEEKS START: JAN 7th and 21st FEB: 4th and 18th
	WEEKEND	SATURDAY: 9AM Barbell w/ Naviere	SUNDAY: 4PM Yoga w/ Sara	
B- WEEK	MONDAY	5AM w/ Naviere FIT!	445PM w/ Randi Barbell Strength	6PM w/ Bianca NEW! CTY Dance
	TUESDAY	5AM w/ Gennie Barbell Strength	445PM w/ Randi 50/50	6PM w/ Gennie AMRAP
	WEDNESDAY	515AM w/ Tamika **45-min Pound**	NEW! 515PM w/ Naviere: Tabata	NEW! 630PM w/ Jacque: MIXXEDFIT & FIT!
	THURSDAY	5AM w/ Gennie Tabata	445PM w/ Nick FIT!	NEW! 6pm w/ Naviere Dance Fitness
	FRIDAY	5AM w/ Naviere 50/50	NEW! 9:30am w/ Nick Power Circuit	B WEEKS START: JAN 14th & 28th FEB: 11th and 25th
	WEEKEND	SATURDAY: 9AM w/ Naviere: Zumba & Pound	SUNDAY: 4PM Yoga w/ Sara	

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! 😊

Barbell Strength

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!

CTY DANCE

CTY—Commit To You! This fitness inspired dance class gets you grooving to music while torching calories and stress. Not to worry if you think you have two left feet; We'll help ensure you 'get' it, that you have fun and You're gonna love 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!

50/50

If you are looking to work off some stress, this class will do it! It's like getting two for one! Half the class is done one format and the other half in another—it's a GREAT way to keep you on your toes and blast some fat! YES!!!

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 Fittentials 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!

Pound Fitness

You don't need drums or fancy sticks to get an amazing workout! In this hour you'll work your body through easy-to-follow moves and a beat that excites you! Upper, lower, core—all muscles will be engaged to ensure your form is on point and maximum effectiveness achieved!

Zumba® Fitness

Experience the world's largest Latin-inspired fitness program! Zumba is an effective and fun way to burn calories without watching the clock – no dance background is necessary! Ditch the workout – join the party!