

FITSENTIALS Fitness Studio

~MAR-APR 2020 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:

**1st SAT EACH MONTH:

Pound 2da XTreme w/ Tamika

Get Flexy: YOGA & PIYO!

Join Kelsey on Thursday nights for yoga at 7:10pm!

Join Mary Pat on Monday nights for PiYo at 6pm!

FITS 6-Wk 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

Sign-ups end **MAR 7TH**; 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 Tabata!	NEW! 445PM w/ Jackie Muscles & MIXXEDFIT	NEW! 6PM w/ Mary Pat PiYo Fitness		
	TUESDAY	5AM w/ Gennie AMRAP	NEW! 445PM w/ Jackie Barre	6PM w/ Tamika NEW! Pound 2da Xtreme		
	WEDNESDAY	FUN NEW FORMAT! 5AM w/ Kelsey -- BARRDIO (Barre & Cardio)		530PM w/ Ellie Bootcamp Blast		
	THURSDAY	5AM w/ Ellie Barbell Strength	445PM w/ Cassie FIT!	6pm w/ Jenn Core2Floor	710pm w/ Kelsey Yoga	
	FRIDAY / SATURDAY	FRIDAY! 5AM w/ Naviere FIT & Stretch	SATURDAY! 9AM w/ Naviere Barbell Strength	A WEEKS START: MAR: 2nd, 16th & 30th APR: 13th & 27th		
	B- WEEK	MONDAY	5AM w/ Naviere FIT!	45PM w/ Gennie Cardio & Core	NEW! 6PM w/ Jackie Barre Fitness	
TUESDAY		5AM w/ Jenn Tabata	NEW! 445M w/ Cassie GameTime FIT!	NEW! 6PM w/ Tamika Pound 2da Xtreme		
WEDNESDAY		FUN NEW FORMAT! 5AM w/ Kelsey -- Total Body Conditioning		NEW! 530PM w/ Naviere Cardio Kickboxing		
THURSDAY		5AM w/ Gennie Step 'n Core	445PM w/ Cassie FIT!	6pm w/ Jenn Core2Floor	710pm w/ Kelsey Yoga	
FRIDAY / SATURDAY		5AM w/ Naviere Cardio Kickboxing	SAT! 9AM w/ Naviere Zumba & Pound	B WEEKS START: MAR: 9th & 23rd APR: 6th and 20th		

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 - NEW!

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!

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!

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

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!