

FITSENTIALS Fitness Studio

~OCT- DEC 2018 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:

Instructors: We wish our Emily safe travels as she heads to Cali—you'll be missed! Also, please welcome back awesome Nick who's leading Thurs 445pm & Friday 930am class!

FITspirations! Watch for weekly FB features on members that have inspired others and/or are making a difference. Share a name if there's someone we should feature!

NEW Classes!

While Tuesday yoga is on a break until the new year, check out our A-Week Sunday 4pm s in place. Also new--FRIDAYS @930am!

2019 Price Changes Coming: To support our awesome team/facility, we're increasing rates on 1/1/19. Current members at that time will be grandfathered into our 2012 rates. Memberships: \$45/month. Punch cards: 7 classes for \$40.

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	7PM RESERVED FOR Z-CAMP!
	TUESDAY	5AM w/ Gennie AMRAP	445PM w/ Randi FIT!	6PM w/ Ellie Power Circuit	
	WEDNESDAY	515AM w/ Tamika 45-min Pound	FIRST VISIT IS FREE!	6PM w/ Bianca PiYo Strength	
	THURSDAY	5AM w/ Ellie Barbell Strength	445PM w/ Nick FIT!	A WEEKS START: Oct: 1 st , 15 th , 29 th NOV: 12 th , 26 th DEC: 10 th , 24 th	
	FRIDAY	5AM w/ Naviere Tabata	NEW! 9:30am w/ Nick Power Circuit	CLOSED: Nov 22nd & 23rd for Thanksgiving	
	WEEKEND	SATURDAY: 9AM Barbell Strength w/ Naviere	SUNDAY: 4PM Power Yoga w/ Sara		
B- WEEK	MONDAY	5AM w/ Naviere FIT!	445PM w/ Naviere Barbell Strength	6PM w/ Bianca NEW! CTY Dance	7PM RESERVED FOR Z-CAMP!
	TUESDAY	5AM w/ Naviere Barbell Strength	445PM w/ Randi 50/50	6PM w/ Gennie Power Circuit	
	WEDNESDAY	NEW! 515AM w/ Tamika 45-min Pound	CLOSED: Dec 24th and 25th for Christmas	NEW! 6PM w/ Jacque MIXXEDFIT	
	THURSDAY	5AM w/ Gennie Tabata	445PM w/ Nick FIT!	B WEEKS START: Oct: 8 th , 22 nd NOV: 5 th , 19 th DEC: 3 rd , 17 th , 31 st	
	FRIDAY	5AM w/ Naviere 50/50	NEW! 9:30am w/ Nick Power Circuit		
	WEEKEND	SATURDAY: 9AM Zumba & Pound w/ Naviere	SUNDAY: NO CLASS	LIKE US ON FACEBOOK!	

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! 😊

NEW!!

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!

NEW!!

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 4 minutes 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!

NEW!!

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 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!

NEW!!

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!