



Family First Athletic Club Fitness Schedule



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Circuit Blast
6:00-7:00 am
Todd

Fit Intervals
9:00-10:00 am
Kim

Step/Abs/Glutes
6:00-7:00 pm
Lianna

Circuit Blast
6:00-7:00 am
Todd

Power Pilates
9:00-10:00 am
Kim

Fit to Fight
9:20-10:20 am
Vinnie

Yoga
5:30-6:30 pm
Lianna

Spin
6:30-7:30 pm
Kim

Step/Abs/Glutes
6:00-7:00 pm
Lianna

Fit Intervals
8:00-9:00 am
Kim

Fit to Fight
9:20-10:20 am
Vinnie

Yoga
5:30-6:30 pm
Lianna

Spin
6:30-7:30 pm
Kim

Circuit Blast
6:00-7:00 am
Todd

Pilates Ball
8:30-9:30 am
Kim

Boot Camp
9:00-10:00 am

* Child Care Available Monday-Friday: 9am-12pm and 4pm-8pm