

# CLASS OFFERINGS!

(PS: we have babysitting!)

## ZUMBA® FITNESS:

Regular, Toning, Step, Sentao, STRONG  
Kids\*, Zumbini® (\*Zumba Kids temporarily on hold)

## HEARTY PARTY

(CARDIO):

Beachbody TurboKick®,  
BollyX® ← Coming soon!

## FUSION

(STRENGTH, STRETCH, CARDIO COMBO):

T&A (Tush & Abs),  
Top H-IIT Off (Upper Body & HIIT),  
THE Fit FRIEND (Full-body Boot Camp),  
bootybarre®, bootybarre® SCULPT,  
bootybarre® Flex & Flow, bootybarre® SLIDER  
Pound®, Beachbody PiYo®, Buti Yoga®,  
HotCore Buti Yoga®, Buti Sculpt®  
Beachbody Core De Force® ← Coming soon!

## GAME-CHANGERS

(ZEN/CREATIVE MAGIC):

Yoga, JUST DANCE!

New & Old Classes Swapped in Every Couple of Months! For Current Offerings check us out online @ [www.bethefitfriend.com](http://www.bethefitfriend.com) or download our FREE App for Apple or Android: "Fit FRIENDzy Studios"

DON'T SEE SOMETHING ON THE SCHEDULE YOU WANT? Questions about anything?  
Email us @ [DeskDiva@bethefitfriend.com](mailto:DeskDiva@bethefitfriend.com)