

The FIT Factory, Pickens- January 2019

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Happy New Year!	2 9:30am Yoga- Tyler 7pm House Party Fitness- Leslie	3 5pm All levels Yoga- Kit 6pm Total Body Blast- Katrina	4	5 10am AcroYoga- Kit
6	7 6pm Bootcamp- Jenny 7pm Yoga- Kit	8 7pm House Party Fitness- Fallon	9 9:30am Yoga Flow- Ellie 7pm House Party Fitness tag team- Fallon/Leslie	10 5pm All levels yoga- Kit 6pm POUND- Fallon	11	12 10am AcroYoga- Kit
13	14 6pm Bootcamp- Jenny 7pm Yoga- Tyler	15 7pm House Party Fitness- Fallon	16 9:30am Yoga Flow- Tyler 7pm RIPPED- Nina	17 5pm All levels yoga- Kit 6pm Zumba- Sherrie	18	19 10am AcroYoga- Kit
20	21 6pm Bootcamp- Fallon 7pm Yoga-Ellie	22 7pm House Party Fitness tag team- Leslie/Katrina	23 9:30am Yoga Flow- Tyler 7pm House Party Fitness- Fallon	24 5pm All levels yoga- Kit 6pm Total Body Blast- Toni	25	26 10am AcroYoga- Kit
27	28 6pm Bootcamp- Katrina 7pm Yoga- Kit	29 7pm House Party Fitness- Fallon	30 9:30am Yoga Flow- Ellie 7pm House Party Fitness- Fallon	31 5pm All levels Yoga- Kit 6pm Total Body Blast- Katrina		
	First Class is Free! We ask newbies arrive early enough to complete their info form 😊	<i>*Save on personal training packages this month! Email us or call (864)507-3159 to set up a free goal assessment with a trainer!</i>	<i>Did you know we have a full weight room for personal training and that monthly VIP members have access to it to????!!! Weight and cardio equipment.</i>	<i>In addition to our great fitness classes, we offer an array of Yoga classes suited for all levels (even beginners!) Memberships are valid at BOTH locations!</i>		