



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5AM – 6AM Strength FIIT	5:30AM-6:30AM Strength FIIT Beginner	5AM – 6AM Strength FIIT	5:30AM-6:30AM Strength FIIT Beginner	5AM – 6AM Strength FIIT	
6AM - 7AM Strength FIIT	6:30am-7am FIIT 30	6AM - 7AM Strength FIIT	6:30am-7am FIIT 30	6AM - 7AM Strength FIIT	8:30AM-9AM FIIT 30
9AM -10AM Strength FIIT	9AM -10AM Strength FIIT Beginner	9AM -10AM Strength FIIT	9AM -10AM Strength FIIT Beginner	9AM -10AM Strength FIIT	9AM-10AM Strength FIIT All
10am-10:30am FIIT 30	10am-10:30am Strength FIIT 30	10am-10:30am FIIT 30	10am-10:30am Strength FIIT 30	10am-10:30am FIIT 30	
TEENFIIT 10:30am-11:30AM		TEENFIIT 10:30am-11:30am		TEENFIIT 10:30am-11:30am	
5:30PM-6:30PM Strength FIIT	5:30PM-6:30PM Power Lifting Beginner	5:30PM-6:30PM Strength FIIT	5:30PM-6:30PM Powerlifting	6PM-7PM Strength FIIT All	
6:30PM-7:30PM Strength FIIT Beginner	6:30PM-7:30PM Olympic Lifting Beginner	6:30PM-7:30PM Strength FIIT Beginner	6:30PM-7:30PM Olympic Lifting		

FIIT 30 - 30 minutes of functional high intensity interval training where we combine free weights such as dumbbells and kettlebells with body weight, and cardio exercise at high-intensity so that you can build strength and endurance according to your own body type and goals. Teens 13 and up are also welcome to these classes.

Strength FIIT – Here, we combine free weights such as barbells, dumbbells and kettlebells with body weight exercises, and cardio at high-intensity so that you can build strength and endurance according to your own body type and goals. We also add a strength component to this hour long workout.

Olympic Weightlifting - Olympic Weightlifting is comprised of the two classical lifts, Snatch & Clean & Jerk. Both lifts include the lifter completing the movement with the barbell overhead. These movements are the ultimate expression of strength, flexibility, dexterity and coordination. This class will look to introduce components such as proper flexibility, technique, program design and modifications. Participants will complete the course with ample experience and information to continue training these classical lifts independently of the course.

Powerlifting- Powerlifting is the test of true max strength. The ability to move maximal loads in a safe and efficient manner. This course will focus on outlining the importance of proper programming, flexibility and technique for safe and effective training. Participants will not only get hands on coaching but also be provided with specific techniques to improve their lifting. With the focus being on the (3) classical lifts, Dead-Lift, Squat and Bench Press. This class will also supplemental exercises to improve these lifts.

TEENFIIT –Teen’s will learn proper form and foundation for exercise as well as other useful tools to build their knowledge of health and wellness. Your child will walk away with the sense of confidence and strength that will last a lifetime!

Located inside Get Fit Davis Sport 1809 Picasso Ave Davis, Ca 95616

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Revised 6.1.18

