



GET FIT STRENGTH AND CONDITIONING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	5-6a Strength FIIT	5-6a FIIT 30	5-6a Strength FIIT	5-6a FIIT 30	5-6a Strength FIIT ALL	
		5:30-6:30a Strength FIIT BEGINNERS		5:30-6:30a Strength FIIT BEGINNERS		
6	6-7a Strength FIIT		6-7a Strength FIIT		6-7a Strength FIIT ALL	
		6:30-7a FIIT 30		6:30-7a FIIT 30		
8						8:30-9a FIIT 30
9	9-10a Strength FIIT	9-9:30a FIIT 30	9-10a Strength FIIT	9-9:30a FIIT 30	9-10a Strength FIIT ALL	9-10a Strength FIIT ALL
		9-10a Strength FIIT BEGINNERS		9-10a Strength FIIT BEGINNERS		
10	10-10:30a FIIT 30	10-10:30a FIIT 30	10-10:30a FIIT 30	10-10:30a FIIT 30	10-10:30a FIIT 30	
4	4:30-5:30p TeenFIT		4:30-5:30p TeenFIT		4:30-5:30p TeenFIT	
5	5:30-6:30p Strength FIIT	5:30-6:30p Powerlifting ALL	5:30-6:30p Strength FIIT	5:30-6:30p Powerlifting ALL		
6	6:30-7:30p Strength FIIT BEGINNERS	6:30-7:30p Free Weight Foundations ALL	6:30-7:30p Strength FIIT BEGINNERS	6:30-7:30p Free Weight Foundations ALL	6-7p Strength FIIT ALL	

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.

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.

Free Weight Foundations — This class will focus on outlining the importance of proper programming, flexibility, and technique for safe and effective weight 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 dumbbells, kettlebells, barbells, med balls and body weight exercises. This class will also provide supplemental exercises to improve muscular imbalances or weaknesses.

Powerlifting — Powerlifting is the test of true max strength. The ability to move maximal loads in a safe and efficient manner. This class 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 three classical lifts: Deadlift, Squat, and Bench Press. This class will also provide supplemental exercises to improve these lifts.

TeenFIT — Teens 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

www.getfitstrengthandconditioning.com or email us at gfstrengthandconditioning@gmail.com

Phone: 916-218-8177

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