

FitMix Group Fitness

***Fit Mix** is a unique blend of kickboxing, body-sculpting, Pilates & yoga that will get you excited about exercise! The variety of exercises we do will keep your body guessing what is coming next! The classes are broken down by body part so it works much like personal training, but with the affordability of group fitness.*

***Morning Mix** is offered at 10am 3 days a week to give you a full body PT experience with group affordability. This workout is offered to beginners and those who like their toning “toned down” a notch. Morning Mix is smaller & more personal which helps give extra attention to form and individual needs. Our Wednesday morning class is all CORE which helps tremendously with strength in all areas of training and life.*

Summertime Holdover Classes will be in effect until our August 7th Bootcamp kickoff! They are a great way to prepare you and keep you going! Don't lose your hard work by taking summer off from your training program at FitMix Group Fitness & PT.

Our instructors are ready to help you live a healthier lifestyle!

FitMix Instructors: Melissa Eikenberry & Rebecca Williams



FIT MIX GROUP

FITNESS SCHEDULE

<u>TIME SLOT</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
515-6am	FitMix LEGDAY		FitMix UPPER BODY		FitMix FULL Body	
6-7AM	FitMix LEGDAY		FitMix UPPER BODY		FitMix FULL Body	
10-11am	Morning Mix		Morning Mix Core/Balance		Morning Mix	As announced on Facebook
530-630pm	FitMix LEGDAY	FitMix UPPER BODY	Bottoms UP (Booty class)	FitMix FULL Body		

July 3rd - August 4th, 2017

Summertime Holdover Classes

3323 Bemiss Rd. Suite E Valdosta, GA 31605

For More Info Contact Melissa at 229-305-6465