

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.

Bottoms Up is a quick Wednesday class designed to ignite your booty, and help you learn how to engage the laziest muscle in our bodies...GLUTES!

Holdover Classes will be in effect until our October 9th Strength Camp begins. They are a great way to prepare you and keep you going! Don't lose your hard work by taking time off from your training program at FitMix Group Fitness & PT.

All holdover classes are \$5 each or \$20 unlimited if you sign up for the next camp by Sept 25th!

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>
5:15-6am	FitMix LEGDAY		FitMix UPPER BODY		FitMix FULL Body	
6-6:45am	FitMix LEGDAY		FitMix UPPER BODY		FitMix FULL Body	
9-10am						Cardio Kickboxing
10-11am	Morning Mix		Morning Mix Core/Balance		Morning Mix	
5-5:30pm			Bottoms UP (Booty class)			
5:30-6:30pm	FitMix LEGDAY	FitMix UPPER BODY		FitMix FULL Body		

Sept 25th-Oct 7th, 2017 to keep you active until Strength Camp begins on October 9th!!

3323 Bemiss Rd. Suite E Valdosta, GA 31605 For More Info Contact Melissa at 229-305-6465