



# SAFFP FIT Small Group Training Program Summer Schedule 2020

*All sessions are 45 minutes and will be outdoors,  
unless otherwise specified for extra safety!*

**Foundation:** A proper fitness foundation is essential for success. Build yours with small group sessions that focus on balance, coordination, mobility, and proper form during movement. Ideal for ages 50 and older.

**Flex & Stretch:** The perfect combo! Sessions packed with functional strength movements designed to improve your overall quality of life. Enjoy the benefits of dynamic stretching, assisted and/or guided static stretching, and foam rolling at the beginning and end of every session.

**FIIT Box:** Functional, Intense, Interval Training- a fast paced, timed circuit based small group that often combines kickboxing moves with traditional bodyweight, strength training, and cardio movements.

Time	Mon.	Tues.	Wed.	Thurs.	Fri.
9:15 am			<a href="#"><u>Flex &amp; Stretch</u></a> <i>Mary G.</i>		<a href="#"><u>Flex &amp; Stretch</u></a> <i>Mary G.</i>
10:15 am	<a href="#"><u>Foundation</u></a> <i>Mary G.</i>		<a href="#"><u>Foundation</u></a> <i>Mary G.</i>		<a href="#"><u>Foundation</u></a> <i>Mary G.</i>
6:15 pm		<a href="#"><u>FIIT Box</u></a> <i>Mary G.</i>			

**Only \$30 for unlimited FIT Small Group Sessions**

**F.I.T.S.G.T**

Focused. Intense. Targeted Small Group Training.

***Move Better. Feel better.***