



6 WEEK TRANSFORMATION CHALLENGE

# CLASS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>8:00AM</b> VARSITY FIT</p> <p><b>10:00AM</b> VARSITY FIT</p>	<p><b>6:00AM</b> VARSITY FIT</p> <p><b>7:00AM</b> VARSITY FIT</p> <p><b>8:30AM</b> S.N.A.P. FIT</p> <p><b>10:00AM</b> VARSITY FIT</p> <p><b>6:30PM</b> VARSITY FIT</p>	<p><b>10:30AM</b> VARSITY FIT</p> <p><b>4:30PM</b> VARSITY FIT</p> <p><b>7:30PM</b> VARSITY FIT</p>	<p><b>6:00AM</b> VARSITY FIT</p> <p><b>7:00AM</b> VARSITY FIT</p> <p><b>8:30AM</b> VARSITY FIT</p> <p><b>10:00AM</b> VARSITY FIT</p> <p><b>6:30PM</b> VARSITY FIT</p>	<p><b>10:30AM</b> VARSITY FIT</p> <p><b>4:30PM</b> VARSITY FIT</p> <p><b>7:30PM</b> VARSITY FIT</p>	<p><b>6:00AM</b> VARSITY FIT</p> <p><b>7:00AM</b> VARSITY FIT</p> <p><b>8:30AM</b> S.N.A.P. FIT</p> <p><b>10:00AM</b> VARSITY FIT</p>	<p><b>9:00AM</b> VARSITY FIT</p>

**Varsity Fit** – VARSITY FIT IS OUR SIGNATURE FUNCTIONAL INTEGRATIVE CROSS TRAINING CLASS. THIS CLASS HAS IT ALL...WEIGHTS, CARDIO, CORE, AND CONDITIONING. LIFT WEIGHTS, PULL SLEDS, SWING KETTLE BELLS, AND SWEAT YOU'RE A\*\*ES OFF! BURN UP TO 750CALORIES/CLASS!

**S.N.A.P. FIT** – PART NUTRITION, PART TRAINING. THIS FUN, FEEL GOOD CLASS WILL EMPOWER YOU WITH NUTRITIONAL KNOWLEDGE AND GET YOU IN SHAPE FAST.

*\*MUST HAVE PERMISSION TO ATTEND*

Varsity House Gym is a private training facility.

PLEASE CALL TO MAKE AN APPOINTMENT BEFORE ARRIVING AT THE FACILITY.

ALL ADULTS MUST COMPLETE A EVALUATION SESSION PRIOR TO STARTING ANY GROUP TRAINING CLASSES.