



6 WEEK TRANSFORMATION CHALLENGE

CLASS SCHEDULE



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