

FAST AND FIT WOMEN'S GYM and PERSONAL TRAINING STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am-7am Keyless	5am-7am Keyless	5am-7am Keyless	5am-7am Keyless	5am-7am Keyless	7am-9am Keyless	7am-6pm Keyless
7am-1pm Staffed	7am-1pm Staffed	7am-1pm Staffed	7am-1pm Staffed	7am-1pm Staffed	9am-1pm Staffed	
1pm-4pm Keyless	1pm-4pm Keyless	1pm-4pm Keyless	1pm-4pm Keyless	1pm-9pm Keyless	1pm-6pm Keyless	
4pm-7pm Staffed	4pm-7pm Staffed	4pm-7pm Staffed	4pm-7pm Staffed			
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CLASSES 30 min duration	CLASSES 30 min duration	CLASSES 30 min duration	CLASSES 30 min duration	CLASSES 30 min duration	CLASSES 30 min duration	
10am-10:30am Stability Ball	7am-7:30am Super Circuit	10am-10:30am Resistance Bands	7am-7:30am Super Circuit	10am-10:30am Stability Ball	10am-10:30am Super Circuit	
12pm-12:30pm Stretch & Relax	9:30am-10am Super Circuit	10:30am-11am Foam Rollers	9:30am-10am Super Circuit	12pm-12:30pm Stretch & Relax	10:45am-11:15am Core Training	
5:30pm-6pm Core Training	10:15am -10:45am Core Training	12pm-12:30pm Stretch & Relax	10:15am -10:45am Core Training	Open Gym When Staff Present	11:15am-11:45am Stretch & Relax	
6pm-6:30pm Stretch & Relax	3:30pm-4pm Gentle Yoga	5:30pm-6pm Core Training	3:30pm-4pm Gentle Yoga		Open Gym When Staff Present	
Open Gym When Staff Present	5:30pm-6pm Super Circuit	6pm-6:30pm Stretch & Relax	5:30pm-6pm Super Circuit			
	6pm-6:30pm Foam Rollers	Open Gym When Staff Present	6pm-6:30pm Stretch & Relax			
	Open Gym When Staff Present		Open Gym When Staff Present			Fast and Fit Women's Gym 760 S. Auburn St. Grass Valley 530-273-5862 www.fastandfit.net

Core : Strength training combining use of free weights and mat work.
Foam Rollers: Improves flexibility and range of motion. Stretch & Relax
Gentle Yoga: Rejuvenate your mind and body.
Resistance Bands: Strengthening and toning.

Stability Ball: Full body workout.
Stretch & Relax: Speaks for itself.
Super Circuit: Interval work using PACE equipment.