

Fast and Fit Women's Gym and Personal Training Studio ~ 760 South Auburn Street ~ Grass Valley ~ 273 5862

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday									
5:00 AM	KEYLESS 5-7AM	KEYLESS 5-7AM	KEYLESS 5-7AM	KEYLESS 5-7AM	KEYLESS 5-7AM		5:00 AM								
7:00 AM	Open Gym	30 Min Super Circuit	Open Gym	30 Min Super Circuit	Open Gym	KEYLESS 7-9AM	7:00 AM								
7:30 AM		Open Gym		Open Gym			Open Gym	Open Gym	7:30 AM						
8:00 AM									Open Gym	Open Gym	Open Gym	8:00 AM			
8:30 AM												Open Gym	Open Gym	Open Gym	8:30 AM
9:00 AM															Open Gym
9:30 AM		30 Min Super Circuit		30 Min Super Circuit		30 Min Super Circuit	30 Min Super Circuit	Open Gym	9:30 AM						
10:00 AM	30 Min Stability Ball	30 Min CORE 10:15 - 10:45	30 Min Resistance Bands	30 Min CORE 10:15- 10:45	30 Min Stability Ball*	30 Min Super Circuit	10:00 AM								
10:30 AM	Open Gym		30 Min Foam Rollers		Open Gym	Open Gym	Open Gym	Open Gym	10:30 AM						
11:00 AM		Open Gym	Open Gym	Open Gym			Open Gym	30 Min CORE 10:45 - 11:15	11:00 AM						
11:30 AM								Open Gym	Open Gym	Open Gym	Open Gym	30 Min Stretch & Relax 11:15 - 11:45	11:30 AM		
12:00 PM		30 Min Stretch/Relax	30 Min Stretch/Relax	30 Min Stretch/Relax			30 Min Stretch/Relax					Open Gym	12:00 PM		
12:30 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	12:30 PM								
1:00 PM	KEYLESS 1-4PM	KEYLESS 1-4PM	KEYLESS 1-4PM	KEYLESS 1-4PM	KEYLESS 1PM-9PM	KEYLESS 1-6PM	1:00 PM								
4:00 PM	Open Gym	Open Gym	Open Gym	Open Gym			Open Gym	Open Gym	4:00 PM						
4:30 PM									Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	4:30 PM	
5:00 PM														Open Gym	Open Gym
5:30 PM	30 Min CORE	30 Min Super Circuit	30 Min CORE	30 Min Super Circuit			30 Min Super Circuit	30 Min Super Circuit	5:30 PM						
6:00 PM	30 Min Stretch/Relax	30 Min Foam Rollers	30 Min Stretch/Relax	30 Min Stretch/Relax		30 Min Stretch/Relax	6PM CLOSED FOR THE DAY	6:00 PM							
6:30 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	6:30 PM									
7:00 PM	KEYLESS 7-9PM	KEYLESS 7-9PM	KEYLESS 7-9PM	KEYLESS 7-9PM	KEYLESS 7-9PM	7:00 PM									

Stability Ball: Full body workout ~ strength ~ cardio ~stretch

Stretch & Relax: Incorporates various modalities to stretch and relax the body

CORE : Strength training combining use of free weights and mat work to develop greater body strength

Super Circuit: Interval workout combining PACE resistance equipment and cardio/dance type moves

Resistance Bands: Strengthening and toning the body

Foam Rollers: Improves flexibility and range of motion

**SUNDAY
KEYLESS ENTRY
NO ON-SITE STAFF
7AM - 6PM**

CLASSES ARE INCLUDED IN A 6, 12 OR 24 MONTH MEMBERSHIP ~ NO RESERVATIONS REQUIRED