



# FITCLUB GROUP TRAINING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
W/ JAMES 9:30AM	W/ ONELIO 9:30AM	W/ JAMES 9:30AM	W/ ONELIO 9:30AM			
					W/ JAMES 10:30AM	
AFTERNOON						
		W/ JAMES 5:30PM				
W/ ONELIO 6:30PM	W/ JAMES 6:30PM		W/ ONELIO 6:30PM			

CONTACT US TODAY!!

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FIT CLUB



CARDIO ELEMENT



THE CLASSES IN THE CARDIO ELEMENT ARE INTENDED TO TEST YOUR BODY'S AEROBIC SYSTEM AND TAKE IT TO THE NEXT LEVEL THROUGH INTERVAL TRAINING. THESE CLASSES ARE BOTH HIGH ENERGY AND CALORIE CONSUMING WORKOUTS INTEGRATING VARYING ATHLETIC MOVES.



OXYGEN IS A HIGH INTENSITY CARDIO ELEMENT CLASS THAT UTILIZES VARIOUS ATHLETIC AND COMPOUND MOVEMENTS TO EFFECTIVELY ELEVATE THE HEART RATE AND IMPROVE CARDIOVASCULAR PERFORMANCE. IT IS AN ALTERNATIVE TO THE BORING, OUTDATED TREADMILL AND PUMPS UP YOUR CARDIOVASCULAR SYSTEM USING SPEED, AGILITY AND QUICKNESS DRILLS. THE CLASS FINISHES WITH A CORE CIRCUIT THAT FOCUSES ON FIRING AND DEFINING THE ABDOMINAL, CORE MUSCLES AND LOWER BACK.



BREEZE IS A CARDIO ELEMENT CLASS THAT INTRODUCES YOUR BODY TO THE AIRDYNE BIKE, A LOW IMPACT, HIGH INTENSITY, WIND RESISTED CARDIO MACHINE THAT IS POWERED BY BOTH ARM AND LEG MOVEMENTS. BY COMBINING THIS MACHINE WITH THE UPPER AND LOWER BODY INTERVAL MOVES, THIS CLASS IS INTENDED TO PROVIDE A FULL BODY CARDIO EXPERIENCE.



STRENGTH ELEMENT



THE CLASSES IN THE STRENGTH ELEMENT ARE ANAEROBIC IN NATURE PROMOTING STRENGTH, SPEED AND POWER. THESE CLASSES HELP DEVELOP LEAN MUSCLE MASS AND REDUCES BODY FAT.



BLAST IS A STRENGTH ELEMENT CLASS THAT COMBINES STRENGTH, CARDIO, ENDURANCE AND METABOLIC TRAINING IN A FULL BODY WORKOUT. CHALLENGE YOURSELF BY COMPLETING AS MANY ROUNDS OF THIS 100 REP CIRCUIT BEFORE TIME EXPIRES. THE CLASS FINISHES WITH A CORE CIRCUIT THAT FOCUSES ON FIRING AND DEFINING THE ABDOMINAL, CORE MUSCLES AND LOWER BACK.



TORCH IS A STRENGTH ELEMENT CLASS WHICH FEATURES FULL BODY CIRCUIT TRAINING THAT CHALLENGES BOTH THE MUSCULAR AND CARDIOVASCULAR SYSTEMS OF THE BODY WITH EFFICIENT COMPOUND MOVEMENTS. NO CHOREOGRAPHY HERE, JUST WEIGHT LIFTING.

### 4 WEEK MEMBERSHIPS

1x/WEEK 4x/MONTH	2x/WEEK 8x MONTH	UNLIMITED
\$89	\$129	\$159

SESSIONS EXPIRE AFTER 4 WEEKS\*

### 6 MONTH PUNCH CARD

4x SESSIONS	8x SESSIONS	12x SESSIONS
\$100	\$200	\$300

SESSIONS EXPIRE AFTER 6 MONTHS\*