

**FIT PHYSIQUE**  
FITNESS CENTER

**CLASS PASS**

## **FREE CLASS DEMOS AT FIT PHYSIQUE!!**

Come to Fit Physique and try these pop-up classes. **No class limit.** Each time you visit, you will be entered into a drawing for some great prizes\*!

Mon., May 6 - 8:30-9:30 AM - Yoga

Tues., May 7 - 10:30-11:15 AM - Barre

Wed., May 8 - 5:15-6:00 PM - *UPLIFT™*

Thurs., May 9 - 11:00-11:45 AM - Mat Pilates

Fri., May 10 - 8:30-9:30 AM - Yoga

Mon., May 13 - 8:30-9:30 AM - Yoga

Tues., May 14 - 5:15-6:00 PM - *UPLIFT™*

Wed., May 15 - 9:45-10:15 - *SHiNE Light™*

Thurs., May 16 - 5:00-5:30 PM - Barre

Fri., May 17 - 9:45-10:15 AM - Low-Impact Dance Aerobics

Sat., May 18 - 9:15-10:00 AM - *SHiNE Dance Fitness™* (special Mom & Me Class\*\*)

**COME TO AS  
MANY AS YOU  
WANT!**

**Check it  
out!**

**BRING THIS  
WITH YOU!**

Class descriptions on back. All participants who are not FP members will be required to sign a waiver (at class).

\*Prizes in drawing include: Fit Physique Class Punch Card (10 visits), Open Gym 10 Visit Pass (AAI ages 6+), Mommy & Me Guest Passes (AAI ages 1 thru 5) & *UPLIFT™* equipment set. One prize per person. Must be 18 or older for prizes.

\*\*Mom & Me *SHiNE* class for ages 8 and up.

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## **FIT PHYSIQUE FITNESS CENTER - 2111 N MAIZE RD, WICHITA - (316)721-2521 - fitphysique.net**

**Yoga** - connect body, breath and mind to help reduce stress. Use physical postures, breathing exercises and meditation to improve overall health. Equipment needed: yoga mat.

**Barre** - a full-body workout that blends strength training, flexibility, balance, and core conditioning into a total-body workout targeting the legs, hips, glutes, core, and arms. No ballet experience required.

Equipment needed: yoga mat

**UPLIFT™** - strength training set to iconic music, using a combination of weights, bands, balance and mat work; with an occasional booty shakin' opportunity, you will come away feeling confident and strong!

Equipment needed: latex loop bands, booty band and a yoga mat for *UPLIFT*.

**Mat Pilates** - a restorative mind-body class that increases body awareness; improves balance and coordination; focuses on powerhouse muscles including the torso muscles, hips and legs; improves the body's function as an integrated whole. Equipment needed: yoga mat

**SHiNE Dance Fitness™**- dance fitness with choreography based in jazz, ballet and hip hop set to top-40 music. Full-body cardio with toning. It's a workout that feels like a party!

**SHiNE Light™**- offers the same benefits as SHiNE, but is low-impact, has simplified choreography and is great for those who require lower heart rates, less impact, have balance or stability issues, who want to avoid over training and for anyone who is new!

**Low-Impact Dance Aerobics**- cardio dance aerobics that will keep you moving throughout the entire class (with a short break or two).

**PROVIDING A QUALITY AND FRIENDLY ATMOSPHERE FOR OPTIMIZING THE HEALTH OF OUR MEMBERS**

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