



Online Class Schedule - Thomasville, Georgia

In light of the COVID-19 epidemic, FLL has taken all of our classes online. We have tons of options for every level! Online classes will be conducted through ZOOM; all you need to do is download the ZOOM app and create an account. Sign up for your class through Vagaro - you can download the Vagaro app or book online at fitfablife.biz - and your instructor will send you a ZOOM invite! Online private training is also available. Classes are subject to change; check the Vagaro app for the most current version of the FFL schedule.

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Sat.</u>	<u>Sunday</u>
6:00 am	6:45 am HITT	6:45 am Rise & Shine Yoga	6:45 am HIIT	Mat Pilates 6:45 am TRX	HITT		
7:00 am			Yoga Flow		Yoga Flow		
8:00 am		Mat Pilates		Mat Pilates		8:30 am Mat Pilates	
9:00 am	Yoga Flow Mat Pilates	Yoga Flow	HITT	Yoga Flow	Yoga Flow 9:45 am Therapeutic Yoga		
10:00 – 11 am		Barre	Abs & Ass“sets”	Barre	11 am TRX		
12:00 pm	HITT		HITT		Abs & Ass“sets”		
1:00- 4:00 pm	4 pm Zumba	4:30 pm Abs & Ass“sets”	4 pm Zumba	4 pm Yoga for Stress Management			1:30 pm Power Flow +Restorative Yoga
5:00 pm	5:30 pm Mat Pilates	5:30 pm Yoga for Stress Management	5:30 pm Mat Pilates	5:30 pm HITT			

Online Class Descriptions

ALL ONLINE CLASSES ARE 45 MINUTES AND \$10

Fit Fab Life Online Classes

Do your body a favor and get your blood pumping. Your heart is a muscle too, and Fit Fab Life's class workouts will get your heartrate up! Instructed by Stephanie Rice, Jamie West, Lindsey Pyle, Dori Gonzalez, Katherine Hanson and Matti Higginbotham.

HITT – This class focuses on strengthening the muscles while getting a max calorie burn at the same time. Mixing in cardio movements periodically throughout the class spike the heart rate, boost metabolism and burn those calories! Designed to get you sweating and moving, you will leave happy and ready for the day!

TRX Suspension Training – This class mixes high intensity interval training using the TRX suspension trainer – it is recommended that you have a personal suspension training system in place at your home. You will leave with your muscles feeling weak and your heart happy!

Fit Fab Abs & Ass"sets" - One heart shaped butt and toned tummy coming up! Feel the inches shed off with this fabulous core and glute burning class. Slim the silhouette with this quick but intense booty and belly class!

Barre – This class combines elements of yoga, Pilates and dance, and focuses on high reps using a small range of motion and movement. This class will strengthen, tone, and help you lose inches! The last part of class is spent all on the mat to specifically concentrate on abdominal work.

Zumba – Get your heart pumping while you groove! Zumba is a Latin-inspired dance workout that is designed to get your heart rate up using dance moves as interval training.

Mat Pilates – Classic Pilates class designed to improve flexibility and tone the body, using controlled movements done in a sequence. Perfect for all ages and levels!

Online Yoga

Fit Fab Life's Yoga classes are designed to make your mind and body stretch and sweat. Taught by Lindsey Pyle, Jamie West, Elle Smith and Katherine Hanson.

Rise and Shine Yoga – Energize and invigorate your body with this yoga class to help you start the day! This class combines knowledge, mobility, and strength giving you the tools to take on the week. Plan to sweat and work hard!

Yoga Flow - Meet on the mat and try the YogaWorks Method, combining Iyengar and Vinyasa yoga. Through sequencing and holding certain asanas, we will flow and feel fabulous...come get comfortable with the uncomfortable!

Power Flow + Restore Yoga - All the good stuff rolled into one class. The first half is dedicated to Power Yoga combining breath, strength and movement to build incredible heat and detoxify the body. During the last part of class, we slow down to settle into deep restorative postures releasing any remaining tension still held in the hips, shoulders and back. A perfect way to end the weekend and reset for the week ahead.

Therapeutic Yoga – Focus on breathing while moving into stretches and postures, deepening the breath and aligning the body and mind. During this class, with each movement and/or hold, we will intend to let go more and more – mentally and physically.

Yoga for Stress Management – You've probably heard that practicing yoga is great for managing stress and healing the mind, and this class delivers on that promise! Unmanaged high stress levels can lead to chronic health issues as well as physical and emotional traumas. By combining pranayama (breath work), asanas (postures), and guided meditation into a flow, you will learn mind-body resources to help manage stress and begin to heal in a safe and compassionate environment. This class is perfect for both beginners and established yogis!



www.fitfablife.biz | fitfablifetraining@gmail.com | 229-236-5322 | 118 South Madison Street, Suite 3