

FITNESS IS MY SICKNESS



All women's fitness center

Open Gym Hours

Mon-Fri

8:30-12:30 & 1:30-7:30

Sat & Sun

8:30-12:30

**Free childcare provided with a licensed CPR certified caregiver.

www.fimswomen.com

October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9-10:00am PS	2 5-5:45am FFT 9-9:45am MB 5-5:45pm SH 6-6:45pm BC	3 5-5:45am FFT 9-9:45am TS 5-5:45pm Z 6-6:45pm CB	4 5-5:45am BC 9-9:45am P9 10-10:45am Spin 5-5:45pm TS 6-6:45pm BB	5 5-5:45am FFT 9-9:45am MGS 5-5:45pm CB 6-6:45pm GY	6 5-5:45am FFT 9-9:45am BE 6-6:45pm SC	7 8-9:00am FFT 9-10:am Z
8 9-10:00am PS	9 5-5:45am FFT 9-9:45am MB 5-5:45pm SH 6-6:45pm BC	10 5-5:45am FFT 9-9:45am TS 5-5:45pm Z 6-6:45pm CB	11 5-5:45am BC 9-9:45am P9 10-10:45am Spin 5-5:45pm TS 6-6:45pm BB	12 5-5:45am FFT 9-9:45am MGS 5-5:45pm CB 6-6:45pm GY	13 5-5:45am FFT 9-9:45am BE 6-6:45pm SC	14 8-9:00am FFT 9-10:am Z 11-12:00pm Woman's Support Group
15 9-10:00am PS	16 5-5:45am FFT 9-9:45am MB 5-5:45pm SH 6-6:45pm BC	17 5-5:45am FFT 9-9:45am TS 5-5:45pm Z 6-6:45pm CB	18 5-5:45am BC 9-9:45am P9 10-10:45am Spin 5-5:45pm TS 6-6:45pm BB	19 5-5:45am FFT 9-9:45am MGS 5-5:45pm CB 6-6:45pm GY	20 5-5:45am FFT 9-9:45am BE 6-6:45pm SC	21 8-9:00am FFT 9-10:am Z
22 9-10:00am PS	23 5-5:45am FFT 9-9:45am MB 5-5:45pm SH 6-6:45pm BC	24 5-5:45am FFT 9-9:45am TS 5-5:45pm Z 6-6:45pm CB	25 5-5:45am BC 9-9:45am P9 10-10:45am Spin 5-5:45pm TS 6-6:45pm BB	26 5-5:45am FFT 9-9:45am MGS 5-5:45pm CB 6-6:45pm GY	27 5-5:45am FFT 9-9:45am BE 6-6:45pm SC FIMS Halloween!	28 8-9:00am FFT 9-10:am Z 11-12:00pm Woman's Support Group
29 9-10:00am PS	30 5-5:45am FFT 9-9:45am MB 5-5:45pm SH 6-6:45pm BC	31 5-5:45am FFT 9-9:45am TS 5-5:45pm Z 6-6:45pm CB				

FFT- Fims Functional Training is weight resistance training with functional movement. Focus is on building muscle and cutting fat.

BB-Booty Bootcamp focuses on sculpting and toning your glutes

BE-Body Explosion Focus on weightlifting as you build strength in arms, legs, and glutes

BC-Bootcamp Overall workout involving cardio, weights, and body weight.

CB-Cardio Blast is a high intensity cardio class set to hip hop and high energy music

MGS-Move Groove Squat utilize dancing moves as well as a variety of exercise techniques to make you sweat.

MB-Mixed Boxing g=high intensity cardio class set to hip hop and high energy music

P9-P90X Live total body workout using your body resistance, weights and cardio to increase strength

PS- Pilates Stretch Learn to stretch, strengthen and tone from the core.

GY- Gentle Yoga A gentle yoga class focused on recharging the mind and body

SC- Sculpting Focus on toning your arms, core, and legs with weights

TS- Tabata Strong Build strength and endurance with this high intensity interval training workout

Z- Zumba Utilizes dance styles such as hip-hop, salsa, samba, and other aerobic movement to energetic music

SH- Spin HIIT hybrid of spin and HIIT stations, all levels welcome

Spin First come first serve, 9 bikes available.

**7202 El Cajon Blvd Suite B
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