



thefitclubgym.com • (413)283-4455

GROUPFIT DESCRIPTIONS

• 159 Wilbraham Street, Palmer •

FitStrength

endurance • free weights • sweat to the bumpin' music!

FitKick:

kick • punch • shadowbox your heart out • get your cardio on!

FitHIIT

interval training • strength • cardio • sets, reps, and timer fun!

FitCircuit:

multiple stations • timed by the stopwatch • learn to push your limits!

FitStep

risers & a platform • dumbbells & barbells • time flies when your having fun!

FitTKO:

put on the gloves • square up to the bag • rounds of kickboxing combinations!

PIYO

total body • core • strength & flexibility • mixin' up yoga and pilates!

HathaYoga:

release and open • mind & body • breath & balance • align your awareness

FitCore&Step

30min of core • 60min of step • stay for one, come for the other or CONQUER both!

BARRE:

low impact • combos of pilates, yoga & ballet • small contractions • big results!

BARREHIIT

mixin' up Barre into a more intense style in only 30 minutes!

GLOVEClub:

Led by a Boxing Coach • technique & drills • endurance & strength • what a workout!