

FITNESS PROGRAM
O-B Fit, LLC
Weekly Schedule
Studio D

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM Sweat Sisters Muscle Up Monday Toning	5:00 AM Sweat Sisters Tummy Tuck Tuesday Abs	5:00 AM Sweat Sisters Wacky Wednesday Circuit	5:00 AM Sweat Sisters Turbo Thursday Step Cardio	5:00 AM Sweat Sisters Fantastic Friday Wild Card ?????	
	6:00 AM Camp 8		6:00 AM Camp 8		6:00 AM Camp 8
8:00 AM Cardio Express		8:00 AM Cardio Express		8:00 AM Cardio Express	

Sweat Sisters- Class designed to tone the body through light weights, cardio and a variety of exercises. This class is mostly women but anyone may attend.

Camp 8- Class designed to strengthen and tone the body through heavier weights, cardio and a variety of exercises. This class is mostly men but anyone may attend.

Cardio express- 30 minute intense cardio and toning class using a variety of exercises. This is a co-ed class.

O-B Fit members may attend any class. For all others, the Drop-in rate is \$5/ session

Individual training sessions are also available.

For more info contact O'Neil Brown 321-331-6111 [Email:obfit2015@gmail.com](mailto:obfit2015@gmail.com) www.fitnesspreacher.com