



FALL 2014

Back to school means back to fitness!

MONDAY

8:30 AM
Tabata Interval
∞Donna∞

9:30 AM
Total Body
Conditioning
∞Donna∞

TUESDAY*

8:30 AM
Piloxing
∞Dawn∞

9:30 AM
Pilates/Barre
Combo
∞Dawn∞

* Every Tuesday is
**Bring a Friend
for FREE!**

WEDNESDAY

8:30 AM
Total Body
Conditioning
∞Dawn∞

9:30 AM
Tabata Interval
(45 minute class)
∞Dawn∞

THURSDAY

8:30 AM
Afterburn
∞Dyanne∞

9:30 AM
Redefine
(45 minute class)
∞Dyanne∞

FRIDAY

8:30 AM
Total Body
Conditioning
∞Dawn∞

9:30 AM
Tabata Interval
∞Jen Siden∞

9:30 AM
Power Walk
∞Jen Sullivan∞

SATURDAY

8:30AM
Pilates
∞Dawn∞

9:30 AM
Power Walk
∞Jen Sullivan∞

KEY

Weights

Cardio

Pilates

Complimentary

KICKFIT IS ON THE MOVE!

Starting Wednesday October 1st we'll be in our brand new studio at
611 River Road in Fair Haven
(next to Kind Burger)

Check our website www.KickFitNJ.com for the latest news

BABYSITTING AVAILABLE

Monday -Thursday 8:30-10:30AM
Friday 9:30-10:30AM

View your child on our video monitor
playing in our small, intimate playroom
while you work out

Located near all Fair Haven Schools!