

**FITNESS CLASS WORKOUT
ATA FIT
360 TRAINING**

MONDAY: 8am to 9am – Ages 18 years & up

TUESDAY: 6:30pm to 7:20pm

WEDNESDAY: 8am to 9am – Ages 18 years & up

THURSDAY: 6:30pm to 7:20pm

FRIDAY: 8am to 9am – Ages 18 years & up

**SCULPTING WORK – CARDIO – AB WORK
PAD WORK – 360 TOTAL BODY WORK -
SWEAT CARDIO.**

Workouts may be done in Tee shirts, shorts, workout pants, sport tops.

We also use hand weights, resistance bands, and weight balls. If you have weights or bands of your own you may use them if you prefer.