

Grit 2 Grace Fitness

Certified Personal Trainer & Women's Fitness Specialist

PiYo Certified, Group Instructor, Focus on Postnatal Mother's

Classes Description-

1. PiYo- Pilates and Yoga Flow. All bodyweight / mat workouts, using a music tempo to flow through a total body workout, great for strength, flexibility, balance, and cardio!
2. Sculpting- The use of bands or body weight, to sculpt and tone those targeted spots we need to focus on contracting, strengthening and activating.
3. BootCamp- A great circuit workout to build strength, endurance and cardiovascular endurance. The use of bands, weight, and timed intervals to really build lean muscle and help burn calories!

All Classes will be 30-45 minutes (MAX) & ALL FITNESS LEVELS ARE WELCOME!

DROP IN RATE \$6.00 PER CLASS

PUNCH CARD \$45.00 [10 CLASSES]

SCHEDULE: June 15th- July 6th

Sunday	Monday	Tues	Wed	Thurs	Friday	Saturday
X		X	X	X	SIGN UP ONLINE! Punch card \$50	June 15th SIGN UP 2-3 p.m.
X	JUNE 17th 6:15-7 AM PiYo (park) Penn meadows	X	X	X	JUNE 21st 6:15-6:45 AM SCULPT Bands	NO SAT CLASS
X	JUNE 24th 6:15-7 AM PiYo (park)	X	X	X	JUNE 28th 6:15-6:45 AM SCULPT Bands	JUNE 29th 8:45-9:30 A.M. BootCamp 9:30-10 PiYo (home)

Questionnaire

(I will update this every 2-3 weeks)

- 1. What is your name?***
- 2. Are you from Iowa?***
- 3. What type of workouts do you most enjoy? What have you done previously?***
- 4. What is the best time for you to get in a workout?***
- 5. Stay at home mama or working mama? Or work from home mama?***
- 6. Do you have childcare while you attend classes? In the future would having these services be useful or beneficial?***
- 7. How many kids do you have; what ages?***
- 8. What do you hope to get out of these fitness classes?***
- 9. What is your biggest struggle with fitness? How can I help?***
- 10. If you enjoy these classes would you bring a friend or tell someone about this?***

Questionnaire

*(THANK YOU SO MUCH FOR ANSWERING AS MANY OF THESE QUESTIONS AS POSSIBLE
IT REALLY HELPS ME FIND OUT WHAT MOM'S AND WOMEN IN OUR COMMUNITY NEED!)*