



Group Fitness Classes

FIT South Hampton

Beginning DECEMBER 1st

NO COST – to Local 22 Health Plan Members

- This is a trial period, thru March 1st to ensure we have participation.

CLASS SCHEDULE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

500 am	500 am	500 am	500 am	500 am	800 am	830 am
530 am	530 am	530 am	530 am	530 am	930 am	
800 am	800 am	800 am	800 am	800 am		
930 am	930 am	930 am	930 am	930 am		
400 pm	400 pm	1200 pm *	400 pm	1200 pm *		
500 pm	500 pm	400 pm	500 pm	430 pm		
600 pm	600 pm	500 pm	600 pm			
700 pm	700 pm	600 pm	700 pm			
		700 pm				

*1200 pm class is lunch crunch class 500am classes – 45 min

**** Each Member will have to download F.I.T. Southampton APP on their phone, after they create an account they will text 215 900 4656 with full first and last name. FIT South Hampton will comp the members account enabling to access sign in for classes. ABSOLUTELY a must to sign up for classes to project numbers.**

