

















Total Fitness Connection Group Fitness Guide

Main Objectives: 2 classes a wk Weight loss, 2 or 3 classes a wk Shape & Tone, 2 or 3 classes a wk Core

To be more effective and safer your weekly training should include cardio, strength and flexibility. By cleverly combining all three types of fitness workouts you'll soon see real results. Choose at least two programme classes which match your main objectives and then add one or two others to balance your training.

Classes	Burn fat & Weight Loss	Endurance	Muscle	Tone/Shape legs & Butts	Flexibility	Agility & coordination	Core Strength	Reduce Stress & Tension	Cardio
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Stars represent the type of workout for each class. 3 *** represent the strongest amount in the class - 2 ** represents half of the amount in the class - 1* represents the least amount in the class. No * means it does not have this type in the class.