

Fitness Classes

STEP & SCULPT

A fun, energizing class that combines step aerobics with a strength-training boost. We start with upbeat cardio and finish with sculpting using weights. Looking for an all-around great workout? This is for you! All fitness levels are welcome, and options are always provided.

TOTAL BODY TONE

A full-body strength training class using light weights and high reps to build strength, sculpt lean muscle, and boost your metabolism. Want to see changes in your body shape? This class is for you. You control the intensity by adjusting your weights as you progress. Great for beginners and seasoned athletes alike.

FREE CLASS! Just email 'I want my free class' to BeFitEly@gmail.com. Limited one per person.

740 Aultman Street (upstairs)

(775) 293-8555

BeFitEly@gmail.com

No membership required

09 SEPTEMBER 2025

Sunday	Monday	Tue.Sday	Wedne.Sday	Thurs.Sday	Friday	Saturday
	HAPPY LABOR DAY	2 Step & Sculpt 6PM	3 TBT 6:30AM	4 Step & Sculpt 6PM	5 TBT 6:30AM	6
7	8 TBT 6:30AM	9 Step & Sculpt 6PM	10 TBT 6:30AM	11 Step & Sculpt 6PM	12 TBT 6:30AM	13
14	15 TBT 6:30AM	16 Step & Sculpt 6PM	17 TBT 6:30AM	18 Step & Sculpt 6PM	19 TBT 6:30AM	20
21	22 TBT 6:30AM	23 Step & Sculpt 6PM	24	25	26 TBT 6:30AM	27
28	29 TBT 6:30AM	30 Step & Sculpt 6PM				



GET A
FREE
CLASS*

ALL
LEVELS
WELCOME



BeFitEly.com

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08

AUGUST

2025

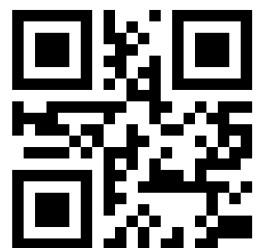
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Mom & Me Step Aerobics 8AM
3	4 TBT 7AM Step & Sculpt 6PM	5 YOGA 6PM	6 Step & Sculpt 9AM	7 TBT 7AM Step & Sculpt 6PM	8	9
10	11 TBT 7AM Step & Sculpt 6PM	12 YOGA 6PM	13 Step & Sculpt 9AM	14 TBT 7AM Step & Sculpt 6PM	15	16 Step & Sculpt 8AM
17	18 TBT 7AM	19 YOGA 6PM	20	21	22	23
24	25	26 YOGA 6PM	27	28	29	30
31						

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Scan QR Code
More Info.