AllieFit

ONLINE CLASS SCHEDULE

For more information, see www.alliefit401.com.

ONLINE CLASSES & TRAINING

Online classes will be held on the Zoom platform. You may know it well by now but if not check out https://zoom.us/ or download the app on your phone from the app store. (When you use Zoom for the class, please turn your camera on so Allie can see if you're working hard and mute yourself.)

VIRTUAL & IN-PERSON TRAINING

Virtual and in-person training is also available. Please email Allie at a.tetreault@live.com for more information.

PAYMENT

Classes are $10/person/class and can be paid through Venmo: @Allie-Tetreault-1 or Zelle
Please pay for the class before attending.

WEEKLY SCHEDULE

Monday

7am: Strength - 50 minute class
This class focuses on strengthening and conditioning your muscles of your body while raising your metabolic rate of rapid fat burning. All the major muscle groups are worked through weight bearing exercises. Geared to beginner, intermediate, and advanced athletes.
To join this class, click this link: https://us04web.zoom.us/j/577600031 Password: AllieFit

Tuesday

5:30pm: Strength - 50 minute class
This class focuses on strengthening and conditioning your muscles of your body while raising your metabolic rate of rapid fat burning. All the major muscle groups are worked through weight bearing exercises. Geared to beginner, intermediate, and advanced athletes.
To join this class, click this link: https://us04web.zoom.us/j/288372856 Password: AllieFit

Wednesday

7am: Strength - 50 minute class
This class focuses on strengthening and conditioning your muscles of your body while raising your metabolic rate of rapid fat burning. All the major muscle groups are worked through weight bearing exercises. Geared to beginner, intermediate, and advanced athletes.
To join this class, click this link: https://us04web.zoom.us/j/244181521 Password: AllieFit

Thursday

5:30pm: Strength - 50 minute class

This class focuses on strengthening and conditioning your muscles of your body while raising your metabolic rate of rapid fat burning. All the major muscle groups are worked through weight bearing exercises. Geared to beginner, intermediate, and advanced athletes.
To join this class, click this link: https://us04web.zoom.us/j/786843151 Password: AllieFit

Friday
7am: HIIT - 45 minute class

This dynamic explosive class consists of short bursts of high intensity work followed by a brief recovery period. It will improve cardiovascular endurance, increase athleticism and build strength. The HIIT workout will use a variety of body weight exercises, dumbbell work, plyometrics and total body strength training to incorporate both challenge and intensity. Geared to intermediate and advanced athletes.
To join this class, click this link: https://us04web.zoom.us/j/715931896 Password: AllieFit