

# ***Bfit with Brittany***

Local fitness classes



***Its time to get HEALTHY, not skinny!***

Join Brittany for fun fitness classes, available  
in/around the Dundee area

### Class Schedule/Location:

**Monday** – Fit Circuit 6:30p \$5  
Dance Cardio 7p \$5 OR combine both for \$7 Old Mill, Dundee  
Summer Boot Camp \*TBA

**Wednesday** – Mini Dance and Tone  
10:30a \$2  
Dance Cardio/Barre/Full Body Stretch  
6:30p-7:50p \$5 Old Mill, Dundee

**Thursday** – Stroller Tone 10:30a  
(Arbor Chase Sub; Meet back in April)

**Saturday** – Dance Cardio + 10min Abs  
9:30a (Dundee Elementary Café) \$5

### Class Descriptions:

**Dance Cardio** - This class is not just your ordinary workout class. Its a fun, sassy, and high energy class. Burning 700+ calories in one hour! (offered September-mid June)

**Fit Circuit** – Mixing all toning classes (Tabata, Barre, HIITS, etc) in a circuit style training, using body weight and weights to help tone all over. (offered mid June- mid August)

**Tabata** - Is a full body toning class, using weights and body weight during timed intervals. This is a great way to go at your own speed and is perfect for all fitness levels! (offered September-mid June)

**Barre** - NEW class! Barre mixes pilates, yoga, and ballet to help you tone and work on balance. We will use a barre for some support and may use lite weights and a medicine ball (Both provided)

**Summer Boot Camp** – Is a step up from Fit Circuit. This once a week class is a great class to help keep you summer ready all summer long. (offered end of June-mid August)

**Mommy & Me stroller walk** - Is a FREE 45 minute long class that allows moms and kids to get out and get some fresh air! After our walk I will teach some at home exercises you can do at home. (class runs from April -Sept ages 4 months+)

**Mini Dance and Tone** - A great Mommy and me class. Mixing dancing/games and toning with your little one/ones! Dancing with your minis for 15 minutes then 15 minutes of toning using your little one. Its truly a great bonding experience. For more info please contact me. (Class runs from October-March age 4 months+)

**One on One** - On top of group classes, I do offer one on one time with anyone who is looking for something more personal. Or if you'd like to schedule a small group workout, please contact me for more info.

### Contact Info:

**Facebook page** – B Fit with Brittany

**Email** – bfit.bq@hotmail.com

### **Website**

<http://brittanyquintero.wixsite.com/bfitness>

***No better time than to start today!***

### About your instructor; Brittany

I absolutely LOVE teaching my fitness classes and it shows! I'm here to challenge you but make working out fun. My goal is to help you gain healthy habits and become a healthier, fit you! I provide a fun, energetic, and supportive environment with all my classes. I am not only here to help you reach goals IN each class but I am here to push you outside of class as well.

All my classes are truly one of a kind, as they are choreographed by me. All classes range from beginner to advanced. Each move can be modified to fit to your comfort level, once you are ready to take it up a notch you may do so at your own time. All classes are drop in classes. However, please check my Facebook page or you can email me, to see if there are any updates. There could be some cancellations, location/time changes, etc. I am constantly posting to keep you motivated, so please stay in touch.

*AFAA group fitness certified, since 2012. Past license includes Zumba, 2011.*