

AREFIT @ Northside

Sundays 3:30pm Tues/Thurs 9:15am
Mondays 5pm Wednesday 6:30pm

WHAT IS REFIT®?

REFIT® FOCUSES ON THE WHOLE PERSON.
WE BELIEVE IN YOU. WE BELIEVE YOU
BRING YOUR BEST TO EACH WORKOUT.
AND THAT'S ENOUGH.

REFIT DOESN'T GUARANTEE RESULTS,
WE GUARANTEE RELATIONSHIPS
...WHICH LEAD TO RESULTS.
WE'RE ON THIS JOURNEY WITH YOU.

REFIT IS FITNESS FOR ALL. WE WELCOME
EXPERTS. WE EMBRACE BEGINNERS.
THIS ISN'T FITNESS FOR THE FITTEST;
IT'S FITNESS FOR THE WILLING.

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Refit at
Northside**

WWW.REFITREV.COM

REFIT® IS A CARDIO DANCE PROGRAM THAT ENGAGES THE WHOLE PERSON: BODY, MIND AND SOUL. THIS COMMUNITY-CENTERED PROGRAM FOCUSES ON BUILDING RELATIONSHIPS AS WELL AS ENDURANCE. IN THIS HOUR-LONG FITNESS CLASS, PARTICIPANTS WILL FIND EASY TO LEARN MOVEMENTS, INSPIRING MUSIC, AND A FAMILY-FRIENDLY ENVIRONMENT FOR ALL AGES.