

YOU BELONG HERE!

REFIT@ Northside

Sundays

REFIT 3pm ; Rev+Flow 4pm

Tuesdays

REFIT 9:15am Upstairs

Wednesdays

REFIT 5:45pm (30 min) ; Rev+Flow 6:30pm

Thursdays

REFIT 9:15am Upstairs



REFIT

***High-intensity +
High impact***

This cardio-focused class combines powerful moves with positive music for a challenging, effective, and **FUN** workout. This class is perfect for beginners, but will also challenge fitness enthusiasts.

REV+FLOW

***High-intensity +
Low impact***

This class dials down the pace and cranks up the intensity by connecting strength, balance, and flexibility. Repetitive movements and empowering rhythms are paired to work your entire body.

Bring a yoga mat.

**Find us on Facebook/IG:
REFITat Northside**