



Open House November 1 9a-7p



FTG HOTHOUSE STUDIO

JOIN US MONDAY!

Come celebrate our new Hothouse Studio & Infrared Sauna at FIT-to-GO, 502 East Edwards St, Litchfield!! Join us on Monday, November 1 from 9a to 7p for demo sessions, drinks & snacks, giveaways, information on the benefits of Infrared heat, and to tour our new HOT studio.!

BRAND NEW INFRARED SAUNA



JOIN OUR SEMI-PRIVATE INFRARED HEATED CLASSES

Session Descriptions

Whether you're coming in for a stronger core, weight work or deep stretch, our Infrared Hothouse Studio has a session for you.

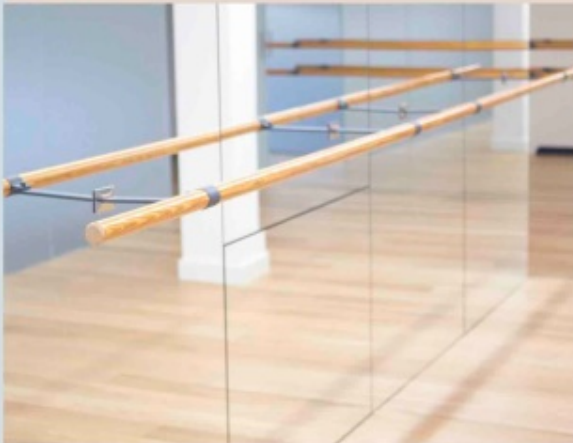
THE PULSE

(Hot Pilates) The Pulse is a mind and body practice with benefits that include improved posture, increased strength & balance, improved focus, & increased body awareness.



THE BURN

(Hot Glutes & Core) The Burn is dedicated to toning your abs and glutes with targeted movements. This session will light those often troublesome areas on fire!



THE BLAST

(Hot Barre) The Blast is centered on the barre, which is there to provide stability, ease balance and improve posture as you target the core, glutes, arms and legs!

THE FLOW

(Hot Yoga) Designed for all who want to flow, twist, & sweat, The Flow is a blend of sequencing curated to build heat while challenging the mind and the body.

THE RESISTANCE

(Hot Resistance Training) This sesh is a sculpt, burn, & detox all-in-one, with a dynamic blend of total-body strength, isometrics & stretch! Weights and mini-bands provided.



THE SWEAT

(Hot HIIT) The Sweat is dynamic blend of powerful plyometrics, strength, cardio, and core used to tap into breath and strength! The session is completed with a meditation & recovery.

Visit Fit-to-Go's
Website



