



inHer
physique

SMALL GROUP FITNESS

Designed with your pelvic floor
in mind by our experienced
personal trainers

inHer
physique
Fitness

CLASS SCHEDULE

Mobility
Monday

Turn Up
Tuesday

Waistline
Wednesday

Thick Thighs
Thursday

6:30 PM

5:30 AM
6:30 PM

5:30 AM
6:30 PM

5:30 AM
6:30 PM

Low-impact workout designed for all fitness levels that allows you to move at your own pace.

High Intense Interval Training workout that will push you to the limit while having fun and burning calories.

Core-based workout designed to strengthen abdominal muscles for maintaining a balanced physique.

Sculpting and toning workout that targets the legs for burning stubborn cellulite.

OUR
SERVICES

Yoga
Weight Loss
Aerobics
Body Shaping
Fitness

REACH US
NOW

850-483-0586

1108 Airport Blvd

inherphysique.com