

Updated 4/01/26



P.I.T SCHEDULE
SPRING 2026 APRIL 1- 30



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN TRAINING 5:00 – 8:00 AM 9:00 AM-5 PM	OPEN TRAINING 5:00 AM – 5 PM	OPEN TRAINING 5:00 AM – 5 PM	OPEN TRAINING 5:00 AM – 5 PM	OPEN TRAINING 5:00 AM – 9:45 PM	OPEN TRAINING 6:00 AM – 9:15 AM	OPEN TRAINING 7:00 AM – 4:45 PM
CARDIO BOXING 8:00 – 9:00 AM Liubov	BOOT CAMP 5:00-6:00 PM Tom	XFIT 5:00 – 6:00 PM Tom	CIRCUIT TRAINING 5:00 – 6:00 PM Tom		XFIT 9:15-10:15 AM Tom	
XFIT 5:00-6:00 PM Tom	LV-UP FOUNDATIONS 6:15 – 7:15 PM Sofia	OPEN TRAINING 6:00 – 6:30 PM	LV-UP FOUNDATIONS 6:15 – 7:15 PM Sofia		OPEN TRAINING 10:15 AM – 4:45 PM	
OPEN TRAINING 6:00-6:30 PM	OPEN TRAINING 7:30 – 9:45 PM	IFT Camp 6:30 – 7:30 PM ★ Debbie	OPEN TRAINING 7:30 – 9:45 PM			
IFT Camp 6:30-7:30 PM ★ Debbie		OPEN TRAINING 7:30 – 9:45 PM		<p align="center"><u>P.I.T Summer Hours of operation</u></p> <p>Monday- Friday: 5:00 AM – 9:45 PM*</p> <p>Saturday: 6:00AM – 4:45pm</p> <p>Sunday: 7:00am – 4:45pm</p> <p>★ = Registered class. it is not included in membership.</p>		
OPEN TRAINING 7:30-9:45 PM						

Note: Schedule is Subject to Change at any time

*The P.I.T. is closed from 9 AM to Noon during preschool hours for the safety of our students. We follow the ASD4 calendar, so the P.I.T. will be open all morning without restrictions on non-school days according to ASD4 calendar.

Class Descriptions

Boot Camp: High intensity, full body workout.

XFit: High intensity interval training utilizing strength, conditioning, and functional movements at a high intensity level combining a mixture of metabolic conditioning and resistance training to achieve the best fitness possible.

★ **IFT Camp:** IFT (Integrated Fitness Training) – ages 16+

Transform your body & mind by joining our Integrated Fitness Program.

This program trains the whole body. The classes are varied and incorporate strength training that helps you build lean muscle mass for a robust metabolism. It infuses strength, endurance, cardio, & balance for complete fitness.

In addition, members benefit from monthly challenges that incorporate health, nutrition, & team support. Debbie Marzano is a certified health & fitness coach who will give you challenging workouts, individual support, encouragement, and a beneficial training mix beyond just the workout.

“Motivation is what gets you started. Habit is what keeps you going.” (Online registration is available at addisonparks.org)

LV-UP Foundation A total body strength workout, complete with warm-up movements and cooldown stretches. Fit for members of all fitness levels!

Cardio Boxing: This dynamic workout combines shadowboxing and kickboxing techniques with high-intensity interval training. You'll throw powerful punches that engage your core while incorporating cardio moves to boost your heart rate and burn calories even after hours after class is over. Experience a full-body workout that leaves you feeling empowered and energized.