



FUNctional Fitness Plan

Hi Team!

We have been working hard on this project and are so excited to deliver it to YOU, our beloved VFit tribe. By now, you know how hard we work at VFit Studio to give you ALL the tools and expertise to find your best self, from the inside out. But we realize at times ALL of this information and the vast variety of classes can be information overload, and you need some simplicity in your life.

We're here with a simple to use guide, to help YOU create the perfect workout plan that will ensure you never get bored, that keeps you from hitting a plateau, that is fun, safe and functional. Our FUNctional Fitness Plan provides some structure and guidance for you to keep variety in your workout routine, to try new formats, and most importantly to ensure that you're getting a balance of exercise across the 4 categories we deem most important to your health and wellbeing.

While there's not one perfect ONE SIZE fits all workout plan out there, we feel this is a great starting point for most members who are not currently facing any injuries and are at a moderate level of fitness (don't discount your level of fitness).

The four areas of focus that you should hit each week are:

C – Cardio/HIIT (high intensity interval training): These classes get your heart rate up, some to peak levels. Benefits include a stronger, more efficient heart, better circulation/oxygen intake, and increased stamina.

S- Strength: Strength can be built through bodyweight training and/or with weights. The key is to make the muscles work against resistance and increase the surface area of the muscle. Both styles are beneficial, and we encourage you to mix it up. These classes will help you build lean muscle which will help protect your bones/organs and will increase your metabolism. Who doesn't love seeing some nice muscle from head to toe?

B- Mobility/Balance: A key area that most workout programs miss. Balance is the most functional of core work and will keep your body safe and strong throughout everyday living. Balance works connects your muscles to your brain. Mobility work is equally as important in helping your body have proper range of movement. The stronger you get; the more mobility work is needed to keep your body functioning at its best. Shoulders, hips, and ankles/feet are the 3 top areas to work mobility.

R- Stretching/Recovery: This is an area that most feel it is ok to skip out on, but is not an area to ignore! Stretching and restorative work is crucial to a healthy and SAFE body. If you want to stay injury free, this area is a must. If you want to reach your physical goals, this area is a must! This area is not just for the body, but equally as important for your brain and your hormones. A body constantly in a state of stress is going to hold on to more body fat, have decreased quality of sleep, and will be prone to more injury.

We hope you find the following master chart easy to follow. Each class we offer is listed, along with a corresponding breakdown of which category of fitness the class hits upon. We have grouped all classes we offer into the 4 important categories of fitness. Some classes will fall into multiple categories. We encourage you to keep this master sheet printed and in a place you can look at it often. Strive to get movement in ALL four categories each week.

The 2nd page of this handout is where you put the VFit FUNctional Fitness Plan into action each week. We recommend that you print this sheet out weekly and fill it in. We encourage you to change up your routine when needed and to try new formats across each category. Find classes you love, be ok with being uncomfortable in new formats, and continue on this lifelong path of fitness. There's no end destination, so enjoy the ride. We're here to cheer you on for as long as you'll have us!

In health and light, Your VFit Trainer team

CLASS FORMAT	Strength	Cardio/HIT	Balance/Mobility	Stretching/Recovery
30 IN 30	X	X	X	
45 MINUTE BAREFOOT SHRED & STRETCH		X		X
ABC'S	X			
BAREFOOT CONDITIONING		X	X	
BAREFOOT BALANCE & AGILITY EXPRESS			X	
BAREFOOT BARRE FUSION	X		X	
BARRE	X		X	
BEGINNER YOGA			X	X
BOX AND BLAST		X		
CANDLELIGHT VINYASA			X	X
CARDIO DANCE		X		
CARDIO SHRED		X		
CARDIO SHRED EXPRESS		X		
CHAIR FIT - CHAIR SUPPORTED FITNESS	X	X		
CIRCUIT	X			
CLAS CON	X	X		
COMPLETE CORE EXPRESS	X			
CORE & CABOOSE	X			
CORE SHRED	X	X		
DaBoTa		X		
FLOW AND ALIGN			X	X
FLOW & GLIDE	X		X	
FULL BODY BLAST	X	X		
LENGTH + STRENGTH	X			X
LOWER BODY LIFT EXPRESS	X			
MAT PILATES	X			
MET MASH	X	X		
MINDFUL MOMENTS				X
MIX IT UP INTERVALS	X	X		
PEACE AND POWER			X	X
PILATES FUSION	X		X	
RELEASE & RESTORE			X	X
SCULPT & FLOW	X		X	X
SCULPT & STRETCH	X			X
SHINE YOGA			X	X
SHRED & STRETCH		X		X
SPEED SLIDE EXPRESS	X	X		
STRETCH IT OUT				X
TABATA BARRE-DIO	X	X		
TABATA TIME		X		
UNWIND PLUS				X
UPPER BODY BURNOUT	X			
VINYASA FLOW	X		X	
WILLPOWER METHOD®		X	X	
YOUTH SPORTS CONDITIONING	X	X		
YIN & UNWIND				X
ZUMBA®		X		



Weekly Goal Plan– 7 classes (can include express classes and/or your own workouts.) This equates to just 2-3 ½ hours of movement, 1-2% of your day that will pay you back the remaining 98-99%. Simply fill in each category once you complete a class. Print a new sheet each week and watch your fitness soar to new levels.

Week _____

Style of Workout	Class Date/Time/Format	Class Date/Time/Format
Cardio/HIIT – 2 workouts		
Strength – 2 workouts		
Balance/Mobility – 1 workout		
Stretching Recovery – 2 workouts (45-60 minutes total is a minimum for this category. There is no maximum)		

** You are welcome to do as many classes/workouts as you'd like, but just try to keep this ratio in mind. If you need any guidance, please don't hesitate to reach out to the VFit team. Your success is our life mission. **