

# EXERCISE SETTINGS



## FITNESS SOLUTION (FS)

Fusing the excitement and energy of group exercise with the individualized instruction of a personal training session, Fitness Solution classes get you moving in a safe, supportive, and dynamic environment. Whether you're fresh off the couch or fresh off a Marathon, this [60-minute circuit is perfect for improving overall fitness and cardiovascular conditioning](#). Not sure if you can keep up? Don't worry! Every station in the class has four intensity options so you can work at your own pace.



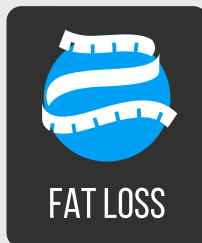
### Perfect for:



CARDIOVASCULAR  
CONDITIONING



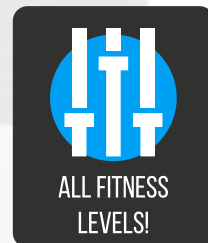
GENERAL FITNESS



FAT LOSS



FLEXIBILITY &  
MOBILITY



ALL FITNESS  
LEVELS!

## How do I try a class?

- 1 Login to the AFS Connect app
- 2 Find a class time that fits your schedule and register!
- 3 Arrive 5 minutes early to meet your instructor and get a little rundown on how the class will work
- 4 Have fun!

[CLICK HERE TO  
LEARN MORE  
ABOUT FS](#)