



Classes rotate every 6-weeks offering a variety of different types of fitness classes for your family to enjoy!

Featured Upcoming Class:



CORE ABCs 4-week session
(Available only on the Periscope app)
Class begins May 5th

Classes Offered on Rotation:

CORE ABCs
Core Core Core
BabyWear Ballet
Dance Cardio
Strength Training
Stroller Cardio
Lengthen & Lean YOGA
Stroller DANCE Cardio
Strengthen & Lengthen



BrittFit Family Fitness offers unique Family Fitness classes that encourage families to get fit together changing the way we workout after having children.

Three Locations:

- Wadsworth
- Portage Lakes
- Classes from home using the Periscope App

www.Britt-Fit.com
(330) 960-1077



“We had such a blast! Even my oldest, who didn’t want to go, cannot wait to go back!”

- Carrie, Fairlawn



Benefits for adults:

BritFit Family Fitness classes are for families of all sizes, kids of all ages and adults of all skill levels. Classes are intended to give the adult a complete total body workout that they can achieve with their children so they are not asked to sacrifice time with their family just to achieve their health and fitness goals. Classes can be taken from pre-pregnancy through the time when the kids are teenagers. In addition to physical benefits, it's also common for people to benefit socially from class! Enjoy conversations with other parents, workout, and enjoy watching your kid(s) make great lasting friendships!



Taking *BritFit* classes allows your family to take advantage of precious time with your little ones, become a great role model by demonstrating how to make healthy choices, and make fitness a part of your daily routine!

Benefits for kids:

Early language development, socialization with other kids, and other adults, body awareness, coordination, learning to follow directions/rules, early counting, counting backwards, watching both their adult(s) and other adults make healthy decisions, learning to mimic those actions, learning different types of exercises, understanding that exercise is fun and can be done daily, and BONDING!

"I get to do something for myself and spend time with my son!"
- Amanda, Wadsworth



Weekly Classes Are Available:
TUESDAYS, 6-7PM
(Portage Lakes)
THURSDAYS, 9:30-10:30AM
(Wadsworth)
THURSDAYS, 6-7pm
(Wadsworth)
ANY TIME/ANY DAY
(From home using Periscope App)



"I want to be a positive role model for my boys and showing them that healthy is FUN is one of my favorite ways to do that!"
- Christina, Canton

