



What a journey this has been! What seems like overnight, we were forced to leave our home at Spinnaker Recreation Center for an indefinite period of time. Through the free **WODs** on our website, the **Fit-Friend Challenge** (*y'all CRUSHED IT!*), and live **VIRTUAL Classes** with our amazing team of instructors, we have been doing everything in our power to keep our community HAPPY and FIT! Thank you for sticking with us through thick and thin, through the ups and downs, and for sharing positive messages and your favorite wellness tips with us!

We are SO EXCITED to announce that we are beginning to offer outdoor classes!!! We can't wait to be working out together (with a safe distance between us!) once again!

We feel so grateful for our amazing community that supports each other in every season—whether in person or through online connection. Cheers to making it through—better and stronger. Together.

With gratitude,

Liz and team LizFit

A note regarding reopening:

The reopening process of Spinnaker Point Recreation Center is constantly evolving due to both COVID-19 and structural enhancements. We are planning on being back to regular classes in the Fall.

Additionally, many of you are probably wondering about your LizFit Unlimited Memberships. Until we return to Spinnaker, will will not be able to offer these to you. It pains us to tell you this. Due to the limited offerings and capacity of our current class lineup, the need to pay our amazing team of instructors, and the decline in online donations, we will need to remain on a pay-per-class basis until normalcy returns.

If you have any questions, comments, or concerns, please don't hesitate to reach out to Liz and Alden!

liz@lizfit.net | alden@lizfit.net

LizFit is back OUTSIDE!

Sign up on the LizFit app! Classes begin this week!

Bootcamp with Kirsten!
Tuesdays @ 6:15am
Location: Leary Field, Portsmouth

















W.O.D. with Nancy!
Wednesdays @ 6:30am
Location: Leary Field, Portsmouth

Kickboxing + with Mike!
Sundays @ 8:15am
Location: South Mill Basketball Courts, Portsmouth

We will be conducting outdoor classes in strict accordance with CDC guidelines:

- Please remain in your car until 5 minutes prior to the class start time
- Instructors will sign-in all attendees
- All participants must remain 10-12 feet apart at all times
- For classes that may use mats, please bring your own. If you do not have one, your instructor will provide you with one to keep!
- Please do not congregate when class ends

P.S. - Keep an eye out for some FREE "Sunday Funday" Pop-Up classes with Lizard and LordBass!

MONDAY / JUNE 01		
06:30	VIRTUAL BODYSHRED Tabata with...	 >
09:00	VIRTUAL Abs/Kickboxing with Mikel	 >
TUESDAY / JUNE 02		
06:15	OUTDOOR Bootcamp with Kirsten!	 >
08:30	VIRTUAL Express Barre Series with...	 >
09:00	VIRTUAL Myofascial Ball Rolling w...	 >
WEDNESDAY / JUNE 03		
06:30	OUTDOOR W.O.D with Nancy!	 >
09:00	VIRTUAL Abs/Kickboxing with Mikel	 >
19:00	VIRTUAL Yoga Nidra with Cherie!	 >
THURSDAY / JUNE 04		
09:30	VIRTUAL Mobility Yoga Flow with ...	 >
18:00	VIRTUAL Spin with Liz!	 >
FRIDAY / JUNE 05		
06:30	VIRTUAL Spin-BATA with Nancy!	 >
12:15	VIRTUAL Boxing Intervals with De...	 >
17:00	VIRTUAL Feel Great Friday with T...	 >
SATURDAY / JUNE 06		
08:00	VIRTUAL Spin with Liz!	 >
09:00	VIRTUAL Cardio Kickboxing with D...	 >
SUNDAY / JUNE 07		
08:15	OUTDOOR Kickboxing + with Mikel	 >

Please sign-up for VIRTUAL classes!

You now have the ability to sign up for VIRTUAL classes through the LizFit app!

Although these live-streamed classes will continue to be free and by donation only, this will allow you to have a better sense of schedule, AND help us get a better sense of class attendance!

Did you know you can donate on our website?

[DONATE HERE](#)

NEW CHALLENGE!

Fuel for Life

Why?

To maximize your momentum and create even more healthful results! Continuing with steps, online workouts, and adding other upcoming outdoor options, we are incorporating guided nutrition to "take the guesswork out of food" and to maximize health and wellness!

When?

The first 4-week challenge starts Monday, June 8th and ends Sunday, July 5th!

*This challenge has a maintenance plan built in-- there is an opportunity to continue for 16 total weeks, a "4 by 4 plan" to create lifelong healthy habits one month at a time.

How does it work?

- Create your team (2 to 4 people)
- Set your goal and choose your plan
- Receive guided and simplified nutritional support
- Continue to complete weekly tasks as virtual partners and teammates to win weekly prizes, a 16 week opportunity to earn a \$200 coupon, and of course fame and LizFit Bragging Rights!

How to sign up?

Text or email TMack by June 3rd. (Teams may be formed by June 6th)

How much does it cost?

It is FREE to participate and to receive 1:1 coaching from TMack!

The plan you choose to support your goals will be a substitution of groceries and will be shipped directly to your door.

Have questions? Want to sign up?
Get in touch with TMack!
tmackisagenix@gmail.com
(603) 496-9323