



FUSION FITNESS 2025

Begins January 6

PYRAMID LIFT, CARDIO BURN,
YOGACORE YOGAFLOW

HYBRID PROGRAM
STUDIO & VIRTUAL

**EPIC WORKOUT
EXPERIENCE**

**FIT IN THE CITY
PAPILLION, NE**



FUSION FITNESS DETAILS

Studio & Virtual Schedule

Private Facebook Group

STUDIO/VIRTUAL-MONDAY

7am Studio only Cardio Machines

720am Pyramid Lift-Med Cardio Burn

STUDIO/VIRTUAL-TUESDAY

7am Studio/Virtual

YogaCore

STUDIO/VIRTUAL-WEDNESDAY

7am Studio only Cardio Machines

720am Pyramid Lift-Peak Cardio Burn

STUDIO-FRIDAY

7am Recovery Cardio-Core

Virtual 24/7

STUDIO-WEDNESDAY & FRIDAY

6:15am YogaFlow

Virtual 24/7

JANUARY 6-MARCH 14

\$419. STUDIO & VIRTUAL

\$349. VIRTUAL ONLY

Initial Registration includes:

*Gear bag, yoga mat , yoga blocks, fusion ball,
Resistance tubing, stability ball & yoga strap.*

Fit In The City

Papillion NE

Facebook Fusion Fitness

Epic Workout Experience

WWW.FITINTHECITY.COM

