



Freeport, Illinois

REFIT is a positive (dance-based) fitness experience that fits everyBODY. We use music with a positive message & build in time to offer inspiration and encouragement.

We Believe:

- ◆ *The heart is more than a muscle*
- ◆ *A person is more than a body*
- ◆ *Relationships are as important as results*

Classes:

Park Hills Evangelical Free Church
 2525 W. Stephenson St. Freeport, IL
 (Enter Northwest "A" Doors;
 follow the signs to the basement)

—(Note: join our fb group "REFIT Freeport with Beth & Deb" or call or text for updates)

Certified Instructors:

Beth Wichman (815-541-1183)
 Deb Honecker (815-618-9339)

Fees:

⇒ \$20/month*
 *Attend as many classes as you want for this low monthly fee

OR

⇒ \$20 for a 5-class punch card
 ⇒ Walk-ins \$5/class
 —First class is FREE, so come check it out!
 (Fee adjustment possibilities, please ask)

DECEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1 5:30-6:30 pm	2 5:30-6:30 pm	3	4 5:30-6:30 pm	5	6 8:30-9:30 am
7	8 5:30-6:30 pm	9 5:30-6:30 pm	10	11 5:30-6:30 pm	12	13 8:30-9:30 am
14	15 5:30-6:30 pm	16 5:30-6:30 pm	17	18 5:30-6:30 pm	19	20 No Class
21	22 5:30-6:30 pm	23 5:30-6:30 pm	24 Christmas Eve	26		27 8:30-9:30 am
28	29 5:30-6:30 pm	30 5:30-6:30 pm	31 New Year's Eve			
				No Class		