

SHELBY FIT



# SHELBY FIT AT FOCUS FITNESS

UPBEAT LIFT & UPBEAT PILATES

Looking for a way to strengthen your body? Shelby Fit classes are designed to help you move with ease, strength, and confidence.

**UPBEAT LIFT**  
**THURSDAYS 5:30 AM**

**UPBEAT PILATES**  
**TUESDAYS 5:30 PM**

