



























FIT zone

Take your training to a *new* level!

May 2nd - June 26th

8 weeks of small group training for \$65 (non-member \$95)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am		Craig 	Hannah 	Meredith 			
6:15am	Kim 	Hannah 	Kim 		Kim 		
7:00am						Meredith 	
8:00am	Meredith 		Meredith 		Meredith 		
9:00am	Kim 	Hannah 	Kim 	Hannah 	Kim 		
9:30am						Hannah 	
10:00am	Shelly 		Kim 				
12:00pm	Natalie 	Kim 		Meredith 			
4:00pm	Craig 						
5:00pm							
5:30pm		Adam 	Shelly 				
6:30pm				Adam 			

 FIT stretch
  Senior FIT
  FIT row/cardio
  FIT strength
  FIT core