























FIT zone

Take your training to the next level.

Session 1: January 9th - March 5th

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:15 am		Craig 	Hannah 	Meredith 			 FIT strength
6:15 am	Hannah 		Hannah 		Zech 		
7:00 am						Meredith 	
8:00 am	Meredith 		Meredith 		Meredith 		 Senior FIT
9:00 am	Meredith 	Hannah 	Hannah 	Hannah 			
9:30 am						Hannah 	
12:00 pm				Meredith 			 FIT stretch
4:00 pm	Craig 						
5:30 pm			Zech 				
6:15 pm		Lauren 		Lauren 