























FIT zone

Take your training to the next level.

Session 3: May 1st - June 25th

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

REGISTRATION OPEN:
April 17th

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



FIT strength



Senior FIT



FIT stretch