FIT zone

Take your training to the next level.



HOLIDAY SESSION: 12/18 - 12/31

2 weeks of small group training for \$18

• • • • • • •	Monday	Tuesday	Wadaasday	. Thursday	Fuidou	Caturday
	Monday	Craig	Wednesday Hannah	Meredith	Friday	Saturday
5:15 am		FIT	FIT	FIT		
				40		
	Hannah		Hannah		Hannah	
6:15 am	FIT		FIT		FIT	
7:00 am						Meredith
7.00 aiii						FIT
8:00 am	Meredith		Meredith		Meredith	
8:00 am	FIT		FIT		FIT	
	Meredith	Hannah	Hannah	Lauren	Meredith	
9:00 am		Паппап				
	FIT	MI	FIT	FIT	FIT	
						Hannah
9:30 am						FIT
	Shelly					
10:00 am	FIT					
		Kim	Kim			
12:00 pm		FIT	FIT			
4.00	Craig					
4:00 pm	FIT					
			_			
E-00 nm			Zech			
5:00 pm			FIT			
		Lauren				
6:15 pm		FIT				
•						
•	95-8-27 FB		National Property			

REGISTRATION OPEN: December 4th



FIT strength



Senior FIT



FIT stretch

