

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	Wednesday	Thursday	Friday	Saturday
5:15 am		Craig 	Hannah 	Meredith 		
6:15 am	Hannah 		Hannah 		Hannah 	
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		Kim 	Kim 			
4:00 pm	Craig 					
5:00 pm			Zech 			
6:15 pm		Lauren 				

REGISTRATION OPEN:
December 4th



FIT strength



Senior FIT



FIT stretch