



functional interval training

STUDIO SCHEDULE - effective June 3

Day/Time	Instructor	Focus
MONDAY		
7am-7:45am	Jonathan	F.I.T. 45 - Strength
8:30-9:15am	Mallory	F.I.T. 45 - Strength
*12:30-1:15pm		Fitness Camp (June 24-Aug 14)
*4:30-5:30pm		Summer Circuits Group (June 3-July 10)
TUESDAY		
9:30-10:15am	Karynne	F.I.T. 45 - Cardio
*12-1pm		Grid Iron Endurance (April 30-July 3)
*5:15-6:15pm		Grid Iron (June 25-Aug 15)
WEDNESDAY		
8:30-9:15am	Mallory	F.I.T. 45 - Strength
*12:30-1:15pm		Fitness Camp (June 24-Aug 14)
*4:30-5:30pm		Summer Circuits Group (June 3-July 10)
THURSDAY		
*12-1pm		Grid Iron Endurance (April 30-July 3)
*5:15-6:15pm		Grid Iron (June 25-Aug 15)
FRIDAY		
9am	Mallory	F.I.T. 45 - Strength

WHY F.I.T. 45?

F.I.T. 45 is unique because the workouts are adaptable to all fitness levels. All F.I.T 45 classes are circuit-style, but no 2 workouts are ever the same! This is results-based training!

Class Descriptions

Strength: achieve overall toning in this fun & powerful muscle-building routine

Cardio: get amped up for this sweat-drenching, calorie-torching workout. This class will get you into the MYZONE 'Red Zone' for maximum cardio results

Bootcamp style: experience a challenging total-body workout in this fun & effective bootcamp class

*We strongly recommend using a MYZONE heart rate monitor in these classes. Ask to try it out in class - we have loaners! Schedule your session through your online acct, or stop by the Front Desk. To enroll in a monthly F.I.T. 45 membership, please see Member Services.