

FIT 45

functional interval training

SCHEDULE - effective Jan. 2, 2019

Day/Time	Instructor	Focus
MONDAY		
7am	Jonathan	Strength
8:30am	Mallory	Strength
TUESDAY		
9:30am	Karynne	Cardio
*4:15-5pm	8-wk Fitness Camp (Jan 8-Feb 28)	
*5:15-6:15pm	8-week Grid Iron program (Jan 8- Feb 28)	
WEDNESDAY		
8:30am	Mallory	Strength
THURSDAY		
9:30am	Karynne	Bootcamp style
*4:15-5pm	8-wk Fitness Camp (Jan 8-Feb 28)	
*5:15-6:15pm	8-week Grid Iron program (Jan 8- Feb 28)	
FRIDAY		
9am	Mallory	Strength

* The F.I.T. 45 Studio is reserved during Fitness Program class times. For info about these or upcoming Fitness Programs, contact Elise at elises@stonecreekclubandspa.com or 801.7125.

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.