

# F.I.T. 45

## functional interval training

### STUDIO SCHEDULE - effective Aug. 12

#### 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!

Day/Time	Instructor	Focus
<b>MONDAY</b>		
7-7:45am	Jonathan	F.I.T. 45 - Strength
8:30-9:15am	Mallory	F.I.T. 45 - Strength
*12-1pm		Grid Iron Endurance (Aug 19-Oct 7)
*4:30-5:15pm		Fitness Camp (Aug 12-Oct 7)
<b>TUESDAY</b>		
9:30-10:15am	Karynne	F.I.T. 45 - Cardio
<b>WEDNESDAY</b>		
8:30-9:15am	Mallory	F.I.T. 45 - Strength
*12-1pm		Grid Iron Endurance (Aug 19-Oct 7)
*4:30-5:15pm		Fitness Camp (Aug 12-Oct 7)
<b>FRIDAY</b>		
7-7:45am	Tyler	F.I.T. 45 - Bootcamp Style
9am	Mallory	F.I.T. 45 - Strength

#### 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.

The F.I.T. 45 Studio is reserved during all listed class times.

\*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.