

FITT45

FUNCTIONAL INTERVAL TEAM TRAINING IN 45-MINUTES

Formally known as GT45



MONDAY

6:15-7:00AM **FITT45** w/ Irma

TUESDAY

12:00-12:45PM **FITT45** w/ Dillon

WEDNESDAY

6:15-7:00AM **FITT45** w/ Irma

12:15-1:00PM **Healthy U Yoga** w/ Lita

THURSDAY

12:00-12:45PM **FITT45** w/ Travis

FRIDAY

6:15-7:00AM **MYZONE** w/ Irma

12:00-12:45PM **MYZONE** w/ Corie

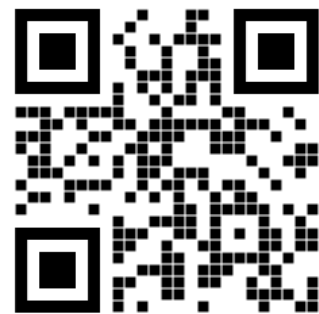
SATURDAY

10:15-11:00AM **Community Workout** w/ Dillon

SCHEDULE BEGINS:

AUGUST 1ST

**SCAN THE QR CODE
BELOW WITH YOUR
SMART PHONE
CAMERA TO SIGN UP!**



Members: \$25.00/month

Students: \$15.00/month