


























# FIT zone

Take your training to a *new* level!

**TRY IT WEEK: January 2nd - January 8th**

**8 Week Session: January 9th - March 5th**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am		Craig 	Hannah 	Meredith 		
6:15am	Hannah 		Hannah 		Zech 	
7:00am						Meredith 
8:00am	Meredith 		Meredith 		Meredith 	
9:00am	Meredith 	Hannah 	Hannah 	Hannah 	Zech 	
9:30am						Hannah 
10:00am	Shelly 					
12:00pm				Meredith 		
4:00pm	Craig 					
5:30pm			Zech 			
6:15pm		Lauren 		Lauren 		

 FIT stretch    Senior FIT    FIT strength