



CFIT TRAINING

2019

Please sign up for these FREE Instruction Classes at the Front Desk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT Zone 10:00-11:00a	EXPRESS 30 Workout 10:00-11:00a	**HIIT Zone** Open Group 10:00-11:00a	LOWER-BODY Strength Equip. 10:00-11:00a	UPPER-BODY Strength Equip. 10:00-11:00a	HIIT Zone 10:00-11:00a	
	HIIT Zone Open Group 5:00-6:00p	UPPER-BODY Strength Equip. 5:00-6:00p	LOWER-BODY Strength Equip. 5:00-6:00p	CLUB HOURS Monday-Thursday: 5:00am - 10:00pm Friday: 5:00am - 9:00pm Saturday: 6:00am - 6:00pm Sunday: 6:00am - 5:00pm		KIDS CLUB: Mon, Wed, Fri: 9am - 11:30am Mon, Wed, Fri: 5:30pm - 7:30pm
EXPRESS 30 Workout 6:00-7:00p	UPPER-BODY Strength Equip. 6:00-7:00p	LOWER-BODY Strength Equip. 6:00-7:00p	EXPRESS 30 Workout 6:00-7:00p			

GET IN THE HIIT ZONE!
Free Coached Open
Group Sessions
Just show up - no
appointment needed!