

# Back to Old School F.I.T. Camp

Think you've mastered the bicep curl? Or the good old fashioned push up? Think again. Our F.I.T. Camp will focus on the old school exercises you're familiar with, but will amp it up to the next level. Week to week individual challenges will keep you motivated and on track.

**Sept. 4th-Oct. 12th, 2012**

## Times:

Mon/Wed/Fri 10am  
Mon/Wed 6:30pm  
Tue//Thur 5:30pm

## Cost:

12 mo. F.I.T.—\$175/mo\*  
\*unlimited access  
  
12 mo. PC-\$140/mo\*  
6 mo. PC-\$150/mo\*  
3 mo. PC-\$160/mo\*

\*Sessions must be used by expiration date.



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**Training Better for Life!**