

January 2nd– February 6th, 2012

New Year. New  
You. No Excuses.

# New Year's Resolution Revolution

This F.I.T. Camp will focus on good eating habits: including portion control, alcohol & caffeine consumption, what supplements your body needs, and keeping your workout routine consistent. We will show you how to F.I.T. all this into your daily schedule to keep your Workout Resolution for Good.

It's a New Year. A new you. No excuses.

**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. Punch Card-\$140/mo\*

6 mo. Punch Card-\$150/mo\*

3 mo. Punch Card-\$160/mo\*

\*Sessions must be used by expiration date.



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Training Better for Life!