

getF.I.T.

Functional.Interval.Training.

getF.I.T. invites you to join our upcoming classes!



BOOTCAMP

T/TH 6:00-7:00am
Anytime Fitness
(2886 E. Dupont Rd.)

T/TH 7:15-8:15 pm
Anytime Fitness
2886 E. Dupont Rd.)

Lose those unwanted pounds; Shrink away the inches; gain lean, strong muscle and turn your body into a fat burning machine through this hour long, total body workout!
Cost: \$150/12 sessions

"I just love Bootcamp! It's a total body workout that has drastically improved the way I feel, act and look. I recommend the class to all women and will definitely be doing it again and again."

–Chrissy, age 30

M/W/F 6:00-6:45am
Premiere Dance Company
404 Scott Rd.
(Sycamore Point Office Park)

New Southwest Location!
Cost: \$135/12 sessions

Sat. 8:00-9:00am
Anytime Fitness
(2886 E. Dupont Rd)

Saturday classes are an additional \$50 dollars.

Small Group Training

Anytime Fitness
Multiple times/days
available.

Call for details

The attention of 1-on-1 training in small groups of 3-5. Total body circuit training and killer ab workouts that show you why we truly believe that Functional interval training is the best way to getFit!

Space is Limited.
Contact us today!
Getfitfw@gmail.com
260.609.4958