



**NEW**

# F.I.T. ZONE

## FUNCTIONAL INTERVAL TRAINING

Our new functional training zone features the high tech Technogym Skillmills, Technogym Omnia Multistation and myzone heart rate monitor. Our small group classes will help increase your strength, stability, power, mobility, endurance and flexibility. ALL are **NECESSARY** components for **LIFE** and **SPORTS!**

### **Complimentary Class DEMO WEEK**

*Led by TAC's dynamic Nationally Certified Personal Trainers*

**October 17th - October 31st**

**Monday October 17th – 6:30p *TBD***

**Wednesday October 19th- 5:30a *Cortney***

**Thursday October 20th – 9:00a *Joe***

**Saturday, October 22nd – 9:00a *Kevin***

**Monday, October 24th – 5:30a *TBD***

**Tuesday, October 25th – 9:00a *Bryant***

**Tuesday, October 25th – 11:30a *Barbora***

**Wednesday, October 26th – 6:30p *Joe***

***Space is limited to 10 participants per class. Please sign up at the Front Desk.***