



**UNLIMITED CLASSES
 F.I.T. & STRIKE F.I.T.
 ONLY \$99.00 per month
 Non-members \$125 per month
 * Drop in fee \$20**

STRIKE F.I.T.-Combines functional strength training with Muay Thai kickboxing.

F.I.T. – Functionally Intense Training

The class workout is made up of a combination of functional movements and cardiovascular conditioning creating natural strength and power that you will use in everyday life activities. Why spend hours in the gym when you can cover every spectrum of fitness in one 30 – 40 min class. Burn body fat, tone and firm, create total body strength, work your cardiovascular system and cool down with stretching all in less than an hour.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------|-----------|---------|-----------|----------|--------|-----------|
| 7-8am | F.I.T. | | F.I.T. | | F.I.T. | |
| 8-9am | | F.I.T. | | F.I.T. | | |
| 9-10am | | | | | | |
| 10-11am | | | | | | StrikeFit |
| 11am-12pm | F.I.T. | | F.I.T. | | F.I.T. | F.I.T. |
| 5-6pm | F.I.T. | | | | | |
| 5:30-6:30pm | | F.I.T. | | F.I.T. | | |
| 6-7pm | | | F.I.T. | | F.I.T. | |
| 7-8pm | StrikeFit | | StrikeFit | | | |
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www.Hercules-Fit.com

***Schedule starts January 1, 2010**