

# ***FIT QUEST***

***FITNESS INTERVAL TRAINING***



**Tuesdays & Thursdays**

**6:30 am – 7:20 am (50 Minutes)**

**\$79 per Member**

**First 4 Week Series Begins: October 9th.**

F.I.T. Quest is a new 4 week high intensity training series aimed at helping you improve your fitness journey! Each training session will have you performing challenging exercises in an interval format by utilizing available equipment in the DropZone. This series is recommended for intermediate to advanced fitness levels and may not be appropriate for those beginning an exercise program. Space is limited to 5 members per session. Participants will be eligible to receive a 10% discount on subsequent F.I.T. Quest series.



Register in the Customer Service Office or by calling (559) 624-3408. For more information regarding F.I.T. Quest, contact Kala Donnelly at (559) 624-3450.

**Interested? Try F.I.T. Quest out for FREE during one of our upcoming 30 minute orientations:**

**Tuesday, September 18th at 6:30 am in the DropZone & Tuesday, September 25th at 6:30 am in the DropZone**