F.I.T. Camp (Functional Interval Training) is an interval training regime that includes stretching, running, moderate lifting of weights or objects, TRX bands, calisthenics, plyometrics, and various types of explosive routines. F.I.T. Camp is a total body workout designed to push people a little further in their workout than they normally would as well as build camaraderie amongst its participants. Physical results that can be expected from participating regularly in F.I.T. Camp include cutting weight, increasing cardiovascular efficiency, and toning muscles.

F.I.T. Camp is currently offered at Sportsclub Express Simpsonville.

F.I.T. CAMP CLASS TIMES

Mondays:	5:30am, 6:00pm
Wednesdays:	5:30am, 9:00am, 6:00pm
Fridays:	9:00am
Saturdays:	9:30am

PRICING

	Members	Non-members
40 Sessions	$200	$260
20 Sessions	$150	$180
10 Sessions	$100	$125
Single Session	$12.50	$15

F.I.T. CAMP

Please visit our website for more detailed information on F.I.T. Camp!

www.SportsclubSC.com