

## WHAT'S NEW at Fit Revolution?



Starting up the week of January 12th

**6 week commitment, NO EXCUSES just RESULTS!**

### Training Camps include:

- 6 Week Program – 2 Days a week (1 Hour per session, total of 12 sessions)
- 4 People Maximum per Training Camp insures a high level of personal attention.
- In Body Composition Testing at the Beginning and Conclusion of the Camp (brand new system)
  - Nutritional Consultation

**Cost - \$360 for 12 sessions, \$30 per session.**

**We have times available for everyone!**

**Mondays & Wednesdays 5:30am - Jen**

**Mondays & Wednesdays 6:15am – 7:00am – Michelle**

**Tuesdays 5:15am & Sundays 8:00am - Michelle**

**Tuesdays & Thursdays 7:30am – Lisa Murphy**

**Mondays & Wednesdays – 10:30am – Lisa Murphy**

**Mondays & Wednesdays – 6:00pm – Michelle C.**

**Wednesday & Fridays – 9:30am – Michelle C.**

**Mondays & Wednesdays – 1:00pm - Kim**

Register at [www.fit-rev.com](http://www.fit-rev.com) under Events

**\*Membership at Fit Rev not required\***