

IT'S BIG...AND IT'S COMING TO SAPPERTON...FEBRUARY 1, 2012

HIIT TO FIT™ CIRCUIT AT TAYLOR'D BODIES...\$69/month^{+HST} unlimited or punch card (\$8/class)

HIIT or high intensity interval training is the BEST way to lose fat & get fit...fast!
It's a well know "secret" with fitness trainers that short bursts of higher intensity exercise WORKS to get
RESULTS....FAST!!

HIIT TO FIT™ CIRCUIT COMBINES CARDIO, STRENGTH, CORE AND, FUNCTIONAL
TRAINING, IN TIMED INTERVALS
...TO GET YOU FIT...FAST!

- GET FIT WITH HIIT...get fit, lose weight, fat, inches...FIT into your clothes
- FIT in your schedule...drop-in anytime – choose 30-60 minute training (replaces scheduled classes that don't always "fit" your schedule & no more missed classes)
- FIT IN YOUR BUDGET...unlimited drop-in monthly pass or punch card

HIIT TO FIT™ CIRCUIT GIVES YOU:

- varied schedule to fit your schedule – circuit 7 days/week open various hours/day
- variety – circuit changes every day...different exercises, equipment, training techniques, intervals...keep your body guessing, working hard & getting fit!
- fully certified trainers every time you come in

ARE YOU WASTING YOUR TIME & MONEY ON OTHER CIRCUITS?

- the traditional "gym" circuit (big machines, nothing changes, no direction or guidance)!
- the "curvey" road to weight loss with no change in your curves!
- "kicking & punching" your way to boredom not fitness!

**** Starting February 1, 2012**

**Taylor'd Bodies
HIIT TO FIT™ CIRCUIT**

SAMPLE SCHEDULE for “Drop-In” Circuit Training

Mondays:	3:30 pm – 7:30 pm
Tuesdays:	7:00 am – 1:00 pm; 4:00 pm – 8:00 pm
Wednesdays:	8:15 am – 1:00 pm; 3:30 pm – 7:30 pm
Thursdays:	7:00 am – 1:00 pm; 4:00 pm – 8:00 pm
Fridays:	8:15 am – 1:00 pm
Saturdays:	9:15 am – 1:00 pm
Sundays:	11:30 am – 2:00 pm

Approx. 45 hours per week to “drop-in” for a 30-60 minute circuit training session.

**** Daily hours to be expanded once service begins.**

**** Last time to arrive is 30 minutes prior to closing.**

****Replacing the following “scheduled” fitness classes:**

- Monday 5:30 pm circuit
- Tuesday 5:15 pm circuit
- Tuesday 6:15 pm bootcamp
- Tuesday 7:20 pm circuit
- Wednesday 6:00 pm Having a BALL
- Thursday 5:15 pm circuit
- Thursday 6:15 pm bootcamp
- Thursday 7:20 pm circuit
- Saturday 9:15 am circuit