

V-Fit



EVOLVE

EVERYTHING ELSE IS JUST A WARM UP

Tired of the same old routine?

Need a little **boost** in your training regimen?

Want to be in the **best shape** of your life?



WHAT IS V-FIT?

V-Fit is functional fitness training that constantly varies in high intensity exercises. V-Fit combines proper weight lifting techniques, muscular endurance and cardiovascular training to get you in the best shape of your life. This is the real deal!

*Over 20 classes a week to choose from.
This program is for you.*

Try Two V-Fit Classes for Free.

*Unlimited Monthly: \$225
Drop-In Class: \$25*

Foundations Course Information:

- The V-Fit Foundations course is required before joining V-Fit.
- V-Fit Foundations is broken into eight sessions.
- Two sessions a week cover proper form for all the fundamental exercises performed in class, as well as building a muscular and cardiovascular base to move you forward.



Sample Workout:
One-mile run
50 Squats
40 Sit-ups
30 Push-ups
20 Back Extensions
10 Pull-ups

Be Convinced!
Try the Sample Workout and keep track of your completion time. Two months of V-Fit and you'll cut your time in HALF!