



FIT CAMP



TUESDAYS & THURSDAYS
6:00 - 7:00AM

Fit Camp combines intervals of strength and cardiovascular exercises for a full-body workout that will stimulate fat loss and increase muscular endurance. This high intensity class is adaptable for all fitness levels. Time to commit to be fit!

CHICO *Sports* CLUB
HEALTH & FITNESS



\$50/MONTH

TRY YOUR FIRST CLASS FREE