

# HIT

high intensity training

Redefine Your Boundaries

Unlimited HIT sessions

\$40/month\*


Unlimited HIT classes + 4 Small Group Training sessions

\$89/month\*

Unlimited HIT classes + 8 Small Group Training sessions

\$129/month\*

These programmed workouts will use movements designed to challenge your entire system in short bouts of high intensity work. Rev up your metabolism to burn more fat, build strength and take your fitness to a whole new level!

- Group sizing from 8-16 team members
- Fast-paced workouts
- Expert guidance propels you through each workout.
- Receive one FREE Fit3D scan  with enrollment.

lower than  
**\$5**  
PER  
SESSION\*

**nifs**  
for fitness

\*when enrolled in monthly group training package

nifs.org • 317-274-3432