



GETFIT TRAINING

POWERED BY
GETFITDAVIS

Your first class is **FREE!**

Get Fit Cross-training is a co-ed strength and conditioning program that uses various combinations to exercise. The majority of the workouts include cardiovascular training and weights. These different exercises may include weight lifting, core, endurance, and sprinting. Our goal is to teach our members these skills so that they can be proficient in all areas of fitness and basic functional movements. ANYONE and ALL skill levels can do it!

*Classes are held inside of **Get Fit Davis Sport** located at 1809 Picasso Ave, Davis, CA 95618*

- **Mon & Wed 6am, 9am, 5:30pm, and 6:30pm**
- **Thurs 5:30pm, 6:30pm • Fri 6am, 9am, and 6pm**
- **Sat 8:30am**

Questions: Contact Coach Elizabeth
at getfitxtraining@gmail.com