



Fit Fast 30

@ Harper's Fitness

Got 30 minutes?

That's plenty of time to get in a total body workout at The Club.

Maximize your workout time by attending one of our **Fit Fast 30** small group-training classes. The class consists of multiple body weight exercises led by one of Harper's own certified personal trainers in circuit-training format.

Fit Fast 30 welcomes all fitness levels. A great way to burn a lot of calories in just a short amount of time.

*The best news of all – there's no charge for **Fit Fast 30**....totally included with membership!*

Fit Fast 30 Schedule: 4/16 to 4/29/18
Drop-in, no registration required

Monday	5 pm
Tuesday	10:30 am
Wednesday	7 pm
Thursday	11 am
Friday	10 am
Sunday	12:30 pm



The Club at Harper's Point | 513-489-9700
clubatharperspoint.com

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