



TEXT/CALL: (720) 500-2010

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FIT36 (PARKER, CO)



FIT36PARKER

OUR CLASS SCHEDULE

MON	TUES	WED	THUR	FRI	SAT	SUN
HIIT	STRENGTH	HIIT	STRENGTH	HIIT	HIIT/MOBILITY	BOOTCAMP
5:15 AM	5:15 AM	5:15 AM	5:15 AM	5:15 AM		
6:15 AM	6:15 AM	6:15 AM	6:15 AM	6:15 AM	7:00 AM	7:00 AM
8:30 AM	8:30 AM	8:30 AM	8:30 AM	8:30 AM	8:00 AM	
9:30 AM	9:30 AM	9:30 AM	9:30 AM	9:30 AM	9:00 AM	9:00 AM
11:30 AM	11:30 AM	11:30 AM	11:30 AM	11:30 AM		
6:00 PM	5:30 PM 6:30 PM	6:00 PM	5:30 PM 6:30 PM	4:30 PM		

GET IN. GET AFTER IT.

FIT

GO LIVE LIFE.



MEMBERSHIP INCLUDES:

36-MINUTE TOTAL-BODY
INTERVAL TRAINING

STRENGTH PROGRAMS

MOBILITY CLASSES

FREE WORKSHOPS

BODY MEASUREMENTS
/PROGRESS PHOTOS

GROUP SETTING, PERSONAL
ATTENTION

NUTRITION RESOURCES