

early
birds

Morning FIT MIX

- 1 JAN 3rd - JAN 19th
- 2 JAN 24th - FEB 9th
- 3 FEB 14th - MAR 1st

Tuesday + Thursday at 7am | Multisport Studio
limited to 12, please no current injuries

Your body is only changing as much as you ask it to change. Let Hilary give your morning workout a WAKE UP CALL! Her fit mix routines will shuffle through toning exercises, plyometrics, Bosu training and running/cardio blasts to keep your body guessing.

REMIX YOUR MORNINGS!

GIVE YOUR WORKOUT ROUTINE A REMIX. If you are needing a quick boost in your workouts, need help getting back on track with your workouts, or want to push yourself to a new limit...this three week program is for you!

\$72 Member
\$90 Non-member

meet Hilary

Hilary knows not a dull moment being the mother of a new baby. And as a former collegiate competitive runner and ISSA Fitness Trainer, Hilary has the skills to keep your workouts from getting dull too!

