



# GET FIT SHOP AND DONATE

Get F.I.T. (Functional Integrated Training) is a bootcamp style class that will challenge your entire body and leave you feeling great. Workouts are designed to increase lean muscle mass, burn fat, and improve your overall fitness level. Get F.I.T. workouts incorporate exercises using medicine balls, kettlebells, dumbbells, pull-up bars and more. All skill levels welcome.

## Get FIT Supports All Saints PTO

NEW YEAR, NEW YOU!

Sign up for any program at Get FIT fitness bootcamp before January 31 and they will give 10% of your package price to All Saints PTO.

When: M/W/F @ 5 AM, 7:15 AM, or 10:30 AM

Where: Crossfit Conjugate, 4610 Carlynn Drive, Blue Ash

Your first week is FREE! Package pricing: \$99/mo for 3 months, \$120/mo month-to-month or \$100 for 10 classes.

[www.conjugatenation.com](http://www.conjugatenation.com)