



Fit Behavior

Personal Fitness

Cardio



Legs



Abs



Cardio Abs and Legs

Our New Membership Workout !

What:

- 30-60 minutes
- Treadmills-Bikes
- Abdominal workouts
- Time saving

Hours:

Monday-Friday
9AM-12PM 4:30PM-8:00
Saturdays
9:30AM-1:30PM

ROCKY HILL LOCATION ONLY
Rates from \$10.00 to \$40 per month

Cost	1 Pt or Class	2 Pt or class
1 month= \$40 a month	1 month=\$30	1= \$20
3 month =\$30 a month	3 month=\$20	3= \$15
6 month =\$20 a month	6 month=\$15	6= \$10

Rocky Hill Site Only

To register

= Email news@fitbehavior.com

Or call 860-529-9867