



# COMMIT FIT

## FIT Kit Athletics

### Fitness Programming



Meet:

**Chris Corres**  
FIT Kit Athletics  
Commit Fit



Chris leads a group of personal trainers and health professionals that boast college degrees, nationally recognized certifications (from fundamental kinesiology to corrective exercise) and are even certified CPR instructors through the AHA.

Get fit in the new year - at a Burr Ridge discount! Burr Ridge Park District has teamed up with Commit Fit – Fit Kit Athletics to offer an online training program that you can take with you anywhere you choose to workout. How to lose fat, get fit, and stay ACCOUNTABLE on your OWN time:

All you'll need is:

- ✓ an exercise plan
- ✓ a nutrition guide

**We know - easier said than done, so here are THREE full programs to choose from! Click each link to preview the program and watch a 1 minute intro video!**

[21 Day Fat Loss + Core with BONUS Kwickie!](#)

**Fina lost 17 lbs in one month when she added this to her workout regimen!**

-Learn more about [21 Day Fat Loss + Core here](#)

[RELENTLESS](#)

**Amanda lost 4 lbs in the first 2 weeks of RELENTLESS training + nutrition!**

-Learn more about [RELENTLESS here](#) (20% off until 1/31 ONLY!)

[6 Week CUSTOM Programming](#)

**Justin is learning how to create SUSTAINABLE habits to lose weight and KEEP IT OFF without slashing carbs and fat.**

-Learn more about your [Custom Programming here](#) (\$60 off until 1/31 ONLY!)

Still not sure exactly what an online program is or why it's such a simple option to get your fitness on in 2022?

[Watch this](#) - you'll get it 😊

We know you have endless options out there. What we have done is SIMPLIFIED the process for you. All of your workouts, demo videos, nutrition instructions, extra education and info on WHY our methods WORK - all in one place.

You have goals. We have the plans to get you there.

Ready, but don't know which way to go? Good news - we do! [Click here and we can help.](#)

You got this! 🙌 Check us out and see more client testimonials:

[Instagram](#)

[Facebook](#)

[YouTube](#)

**Register directly through Fit Kit Athletics – Commit Fit through the links posted above!**