



Get to a healthier place.™

TEAM TRAINING SCHEDULE

(60 minute sessions)

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am						
6:30 am	AFTERRUN	FOUNDATIONS		FOUNDATIONS	AFTERRUN	
7:00 am						
8:00 am						AFTERRUN
9:00 am						FOUNDATIONS
10:00 am	FOUNDATIONS					
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 pm	AFTERRUN	FOUNDATIONS	FOUNDATIONS	FOUNDATIONS		
7:15 pm	FOUNDATIONS	AFTERRUN	AFTERRUN			

The unique structure of 10 people per session allows you to maximize the benefit of your program and take full advantage of our expert coaching staff. Each workout is designed to increase your functional strength, reduce injuries, and boost your metabolism.

TEAM Training is a perfect environment to meet other members in the gym and participation is UNLIMITED!

Ask a coach today about scheduling your free FMS (Functional Movement Screening) so we may determine your body's movement patterns & ensure results and reduce the risk of injury.