



TEAM TRAINING

STARTING
OCTOBER 10th!



WHAT IS TEAM TRAINING?

- Live, group workouts for ALL fitness levels
- Led by a Certified Personal Trainer
- Burns 3x more calories than your average cardio workout
- Exclusive discounts offered for current personal training clients



WHEN CAN I JOIN?

MON	TUES	WED	THUR	FRI	SAT
6PM	6AM	6PM	6AM	-	8AM



See staff for details.