



Terms and conditions apply. See local club for details.

TEAM TRAINING

Get started today!



WHAT IS TEAM TRAINING?

- Live, team 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
-	6AM	-	6AM	-	8AM
6PM	-	6PM	-	-	-

See a staff member for details!