



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	4:30PM	6PM	4:30PM	-	-

See a staff member for details!