



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 for current personal training clients
- Unlimited access to sessions in all 3 locations

WHEN CAN I JOIN?

| Location | MON | TUES | WED | THURS | FRI | SAT |
|---|------------|---------------|-------------------------|---------------|------------|------------|
| Appleton East (Springfield Drive) | 6AM | | 6AM & 7:30AM | | | |
| | 6PM | 6PM | 6PM | 6PM | | |
| Appleton West (Casaloma Drive) | 6AM | 5:30AM | 6AM | 5:30AM | 6AM | 8AM |
| | | 5:30PM | | 5:30PM | | |
| Kaukauna (Ann Street) | | 5:30PM | | 5:30PM | | |