



TCBOOST™

SPORTS PERFORMANCE

BOOSTFIT: ADULT FITNESS CLASSES

New Schedule starts on Tuesday, September 5th, 2017 after Labor Day

CHOOSE YOUR SESSIONS

BOOSTFIT

WEEKDAYS

6:00AM (M-W-F)

9:30AM (M - F)

10:30AM (M&W)

SATURDAY

9:00AM

PRICING OPTIONS

1 Month Unlimited

\$199

3 Months Unlimited

\$549

Annual Unlimited

\$166/Mon

10 Pack

\$250

1 Session

\$29

This will be the single best 60 minute workout you can possibly get as an adult. BOOSTFit will be your solution to developing a healthy, strong, flexible, cardiovascular fit and athletic body no matter what your age. Become your personal best and train like an athlete.

- Includes interval training, strength training, conditioning, and recovery work
- Trainers will adjust intensity, difficulty, and lifts to accommodate skill level.
- Fitness assessments will be conducted periodically to illustrate progress

600 S Waukegan #122, Northbrook, IL 60062

***1st week of BOOSTFit is free.** Just show up at the class time that works best and we will do the rest.

Phone: **847.559.2307**

Email: **TCBOOST@TCBOOST.com**

ENGINEERED RESULTS™