



TCBOOST™

SPORTS PERFORMANCE

BOOSTFIT: ADULT FITNESS CLASSES

New Schedule starts on Tuesday, Jan. 2nd, 2018

CHOOSE YOUR SESSIONS

B O O S T F I T	WEEKDAYS	SATURDAY
	6:00am (M-W-F)	9:00am
	8:30am (M&W)	
	9:30am (M - F)	
	8:00pm (T&Th)	

PROGRAM DESCRIPTION

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 fi 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 accomodate skill level.
- Fitness assessments will be conducted periodically to illustrate progress

600 S Waukegan #122, Northbrook, IL 60062

PRICING OPTIONS

1 MONTH UNLIMITED	\$199
3 MONTHS UNLIMITED	\$549
ANNUAL UNLIMITED	\$166/mon
10 PACK	\$250
1 SESSION	\$29

***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

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ENGINEERED RESULTS™ >>>