



# TCBOOST™

SPORTS PERFORMANCE

## TCBOOST BARBELL CLUB

2018 TRAINING SCHEDULE BEGINS MONDAY, SEPT. 10TH

### WEEKLY SCHEDULE

TUE	@TCBOOST	7:00PM
THU	@TCBOOST	7:00PM
SAT	@TCBOOST	10:00AM

### PRICING OPTIONS

The TCBOOST Barbell Club is an Olympic Lifting group that focuses primarily on teaching beginners to intermediate lifters how to properly execute the snatch, clean & jerk and we will throw in some other auxiliary lifts every session. Let's be honest, lifting is fun and we want to share our excitement of the sport with everyone.

**Your first week is on us, so give us a call or email and let's get lifting!**

1 Month Unlimited	\$199
10 Pack	\$250
Drop In	\$35

\*10 Packs expire 3 months after first use.

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