



TCBOOST™

SPORTS PERFORMANCE

BOOSTFIT: ADULT FITNESS CLASSES

CHOOSE YOUR SESSIONS

BOOSTFIT

WEEKDAYS

6:00am (M-W-F)

9:30am (M - F)

SATURDAY

9:00am

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

Email: TCBOOST@TCBOOST.com

ENGINEERED RESULTS™ >>>