



# TCBOOST™

SPORTS PERFORMANCE

## BOOSTFit: ADULT FITNESS CLASSES

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

### CHOOSE YOUR SESSIONS

BOOSTFIT

#### WEEKDAYS

6:00am (M-W-F)

8:30am (M&W)

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.

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ENGINEERED RESULTS™ >>>