



**TEAMWORKS
SPORTS
PERFORMANCE**

ADULT FITNESS SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|-----------------------------------|---------------------------|-----------------------------------|--------------------------------|---------------------------|
| 6am-7am Group Fitness | 6am-7am Group Fitness (Tempo) | 6am-7am Group Fitness | 6am-7am Group Fitness (Tempo) | 6am-7am Group Fitness | |
| 7am-8am Group Fitness | | 7am-8am Group Fitness | | 7am-8am Group Fitness | 8am-9am Group Fitness |
| 12pm-1pm Group Fitness | 12pm-1pm Group Fitness (Tempo) | 12pm-1pm Group Fitness | 12pm-1pm Group Fitness (Tempo) | 12pm-1pm Group Fitness | 9am-10am Group Fitness |
| 7pm-8pm Group Fitness | 7pm-8pm Group Fitness (Tempo) | 7pm-8pm Group Fitness | 7pm-8pm Group Fitness (Tempo) | 6:15pm-7:15pm Group Fitness | |

Come try us out! Your first class is always FREE!

PRICING

MONTHLY UNLIMITED

(automatic eft billing required)

\$129 per month

DROP-IN: \$35 per class

FAMILY UNLIMITED

Call us for family membership pricing.

Military & College Student Special*

ONLY \$99 per month

**Valid ID Required*

PRIVATE TRAINING

(1-on-1 Training)

4 Sessions: \$299

8 Sessions: \$599

12 Sessions: \$899

Please ask about our Small Group/Semi-Private Training

New Adult Customer 30-Day Trial
Includes a 1-on-1 session/evaluation, plus unlimited group training
ONLY \$69

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