



**TEAMWORKS  
SPORTS  
PERFORMANCE**

## ADULT FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am-7am Group Fitness	6am-7am Group Fitness	6am-7am Group Fitness	6am-7am Group Fitness	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	12pm-1pm Group Fitness	12pm-1pm Group Fitness	12pm-1pm Group Fitness	9am-10am Group Fitness
7pm-8pm Group Fitness	7pm-8pm Group Fitness	7pm-8pm Group Fitness		6pm-7pm 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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