

Commit to Success with

SMALL GROUP TRAINING

Starts
October 2 & 3

ONLY
\$16.50 /session

8 weeks
Max. of 6 people

Try our **NEW**
Level I and Level II
Combo Class!

Track	Level I & II	
13	TUE	THU
	8-9 a.m.	8-9 a.m.
	Lauren	Lauren

It's never too late to start!
Sign up any time at a **prorated price and installment payments.** See front desk for track openings.

TRACK	LEVEL I		
4	MON	WED	FRI
	8-9 a.m.	8-9 a.m.	8-9 a.m.
	Jason	Jason	Jason
5	MON	WED	FRI
	9-10 a.m.	9-10 a.m.	9-10 a.m.
	Brian	Brian	Brian
8	MON	WED	FRI
	4:15-5:15 p.m.	4:15-5:15 p.m.	4:15-5:15 p.m.
	Aidan	Aidan	Tanya
9	MON	WED	FRI
	6:15-7:15 p.m.	6:15-7:15 p.m.	6:15-7:15 p.m.
	Aidan	Aidan	Tanya
11	TUE	THU	
	9-10 a.m.	9-10 a.m.	
	Tanya	Tanya	
12	TUE	THU	
	Noon-1 p.m.	Noon-1 p.m.	
	Tanya	Tanya	

TRACK	LEVEL II		
1	MON	WED	FRI
	5:30-6:30 a.m.	5:30-6:30 a.m.	5:30-6:30 a.m.
	Aidan	Aidan	Aidan
2	MON	WED	FRI
	5:30-6:30 a.m.	5:30-6:30 a.m.	5:30-6:30 a.m.
	Jason	Jason	Jason
3	MON	WED	FRI
	6:30-7:30 a.m.	6:30-7:30 a.m.	6:30-7:30 a.m.
	Aidan	Aidan	Aidan
HIIT 6	MON	WED	FRI
	10-11 a.m.	10-11 a.m.	10-11 a.m.
	Aidan	Aidan	Lauren
7	MON	WED	FRI
	Noon-1 p.m.	Noon-1 p.m.	Noon-1 p.m.
	Jason	Jason	Jason
10	TUE	THU	
	6:30-7:30 a.m.	6:30-7:30 a.m.	
	Brian	Brian	

SPECIAL OFFER:
New participants get **\$25 OFF!**

3-day Tracks:
\$396 for members
\$490 for non-members

2-day Tracks:
\$264 for members
\$326.67 for non-members

Payment installments available.



A Beach Cities Health District Program