


Commit to success this holiday season

SMALL GROUP TRAINING

December 4 & 5

ONLY
\$16.50 /session 

 **4 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 the 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:
 \$181.50 for members
 \$220 for non-members

2-day Tracks:
 \$132 for members
 \$163.33 for non-members

Payment installments available.