

Maximize your workout Achieve your goals Support one another

Commit to success this holiday season

SMALL GROUP TRAINING

It's never too late to start!

Sign up any time at a prorated price. Installation payments available. See the front desk for track openings.

Mon., Nov. 26 & Tue., Nov. 27

ONLY

\$16.50 /session


4 weeks Max. of 6 people

Drop-in sessions are available for \$20 per session during the week of 11/22 and 12/25.

3-day Tracks: **2-day Tracks:**
 \$198 for members \$132 for members
 \$245 for non-members \$163.36 for non-members

Payment installments available.

LEVEL I		
MON	WED	FRI
5:30–6:30 a.m.	5:30–6:30 a.m.	5:30–6:30 a.m.
Jason	Jason	Jason
MON	WED	FRI
8–9 a.m.	8–9 a.m.	8–9 a.m.
Jason	Jason	Jason
MON	WED	FRI
9–10 a.m.	9–10 a.m.	9–10 a.m.
Brian	Brian	Brian
MON	WED	FRI
4:15–5:15 p.m.	4:15–5:15 p.m.	4:15–5:15 p.m.
Aidan	Aidan	Tanya
MON	WED	FRI
6:15–7:15 p.m.	6:15–7:15 p.m.	6:15–7:15 p.m.
Aidan	Aidan	Tanya
TUE	THU	
8–9 a.m.	8–9 a.m.	(Level I & II)
Brian	Brian	
TUE	THU	
9–10 a.m.	9–10 a.m.	
Tanya	Tanya	
TUE	THU	
Noon–1 p.m.	Noon–1 p.m.	
Tanya	Tanya	

LEVEL II		
MON	WED	FRI
5:30–6:30 a.m.	5:30–6:30 a.m.	5:30–6:30 a.m.
Aidan	Aidan	Aidan
MON	WED	FRI
6:30–7:30 a.m.	6:30–7:30 a.m.	6:30–7:30 a.m.
Aidan	Aidan	Aidan
MON	WED	FRI
10–11 a.m.	10–11 a.m.	10–11 a.m.
Aidan	Aidan	Brian
MON	WED	FRI
Noon–1 p.m.	Noon–1 p.m.	Noon–1 p.m.
Annelise	Annelise	Chris
TUE	THU	
6:30–7:30 a.m.	6:30–7:30 a.m.	
Jason	Jason	
TUE	THU	
6:30–7:30 a.m.	6:30–7:30 a.m.	
Brian	Brian	

