

# Schedule

Monday	Tuesday	Wednesday	Thursday	Saturday
GT - Strength & Cardio 5:30 - 6:00am	GT - Strength & Cardio 5:30 - 6:00am		GT - Strength & Cardio 5:30 - 6:00am	GT - Strength & Cardio 7:15 - 8:00am
GT - Strength & Tone 6:15 - 7:00pm	GT - Cardio 6:15 - 6:45pm	GT - Circuit Training 6:15 - 7:00pm		
GT - Yoga 7:05 - 7:50pm	GT - Barre/Pilates/Core 6:50 - 7:20pm			

Changing the way we do fitness and wellness!

It has always been our goal to focus on the bigger picture of wellness. Being balanced, being fit, being happy...all of this is achieved by doing more than just showing up for a class and then leaving. You are unique and need a unique experience with individual support to reach this level of wellness.

You get a lot more for you membership! Let us explain....

We prefer to keep our workout participation to 5-12 members for more personalized, safe, and welcoming workout environment. We are not a typical overcrowded gym with packed group exercise classes. Our members participate in group training with a different emphasis to fit a variety of needs. We encourage you to try them all!

How to Participate:

Drop in's \$9/ Training

Single Training once a week: \$28/month

Unlimited Membership - See below:

We also want to make sure we are helping you with your goals, small or large! With an unlimited membership you will be assigned a personal coach to track their progress.

Participation in unlimited number of group training

Monthly progress check-ins by your coach mid month.

Goal setting assistance

Monthly at home workouts - sent via email with video

Group meal plan

Monthly attendance challenge

Wellness tips and advice

Discounted personal training sessions at \$50/session

Discounted assessments and body composition measurements -\$20

Cost for an unlimited membership:

\$55/ month with automatic withdrawal.

\$65/monthly payments (cash or check)