

GROUP FITNESS SCHEDULE

	MON	TUES	WED	THUR	FRI	SAT
6 AM	TD = TOTAL DEVELOPMENT	RISE & GRIND	TD = TOTAL DEVELOPMENT	RISE & GRIND	TD = TOTAL DEVELOPMENT	
7 AM	DEANA'S BOOTCAMP		DEANA'S BOOTCAMP		DEANA'S BOOTCAMP	
7:30 AM						TOTAL BODY BOOTCAMP
8 AM						
9 AM						
10 AM						
12:10 PM	POWER40	POWER40	POWER40	POWER40	POWER40	
5 PM						
6 PM	BUILD & BURN		BUILD & BURN			

MONTHLY PRICING GROUP FITNESS TRAINING

8 sessions = \$139/mo
 12 sessions = \$209/mo
 Unlimited = \$229/mo
 Drop-in = \$20



TEXT OR CALL OUR TRAINERS

MENA
775.722.3384

EVVEN
775.813.7930

SARAH
650.430.7724

DEANA
775.527.4951

ERIN
775.386.4943

LOGAN
775.722.6458