

ADULT PERFORMANCE TRAINING PROGRAM

SANFORD SPORTS – GRAND FORKS

ARE YOU LOOKING TO IMPROVE YOUR FITNESS AND YOUR QUALITY OF LIFE?

This membership is designed to provide you with enhanced gym experience and includes both open gym access from open to close and unlimited access to our adult group fitness classes.

In our 60-minute classes, certified coaches will provide you with a safe and effective workout routine and encourage you to reach your fitness goals. You will burn calories and develop connections with like-minded people.

This membership is available for purchase at our front desk for \$125 per month.

Days:

Monday, Tuesday, Wednesday, Thursday and Friday

Times:

5:30-6:30 a.m.

9:00-10:00 a.m.

12:00-1:00 p.m.

5:30-6:30 p.m. **only offered Monday - Thursday**

Saturdays – 8:30am – 9:30am

*Cost: \$125 per month; including monthly membership to the facility office.
Program fee will automatically be renewed until participant cancels at the front desk · No start date, sessions are ongoing.*

Adult Premium Package

This membership is designed to provide you with all things in our **Adult Training Classes - Unlimited Monthly Membership** with the addition of 4 individual consult sessions + body composition testing with an in-house Registered Dietitian to help tailor your nutrition to meet your fitness goals. We'll help you fuel your body to maximize your performance and health.

*Cost: \$145 per month; including monthly membership at the facility office.
Program fee will automatically be renewed until participant cancels at the front desk · No start date, sessions are ongoing.*