

# ADULT PERFORMANCE TRAINING PROGRAM

## Are you looking to improve your fitness and quality of life?

This membership is designed to provide you with an enhanced gym going 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
- Cost: \$125 per month; includes a monthly membership to the facility
- Program fee will automatically be renewed until participant cancels at the front desk
- No start date, sessions are ongoing