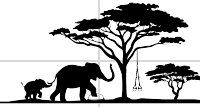


# New! Training Membership

As of 2/16/19



**TRUNK TRAINERS**  
PERSONAL TRAINING SERVICE

## Small Group Training Schedule

Includes full access to fitness facility.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-5:45am	5-5:45am	5-5:45am	5-5:45am	5-5:45am	5-5:45am
6-6:45am	6-6:45am	6-6:45am	6-6:45am	6-6:45am	6-6:45am
	7:15-8am		7:15-8am		7:15-8am
9:30-10:15am		9:30-10:15am		9:30-10:15am	9:30-10:15am
11-11:45 am		11-11:45 am		11-11:45am	11-11:30am
					11:30am-12pm
1-1:45pm PM		1-1:45pm PM		1-1:45pm PM	1-1:45pm PM
3-3:45pm		3-3:45pm		3-3:45pm	
4:30pm-5:15pm		4:30pm-5:15pm		4:30pm-5:15pm	
5:30-6:15pm		5:30-6:15pm		5:30-6:15pm	

Gold Elefits Senior Fitness

Youth Gymnastics 4 week cycles

Intro to Weight Room 4 week cycles

**\$225+tax per month**

\$199+tax per month to upgrade a current membership