



# T.E.A.M. TOTAL BODY CIRCUIT TRAINING

## WHAT IS T.E.A.M. TOTAL BODY CIRCUIT TRAINING?

**TRANSFORMATION** = These small group workout sessions will boost your metabolism & transform your body in just 8 weeks!

**EDUCATION** = All sessions are taught by one of our highly qualified, experienced, and nationally certified Personal Trainers. They will teach you the proper form of new exercises and variations of your favorites.

**ACCOUNTABILITY** = We understand that sometimes the hardest part is just getting through the doors to come into the gym! Committing to training and knowing that your fellow T.E.A.M. members are expecting you to be there makes it A LOT easier!

**MOTIVATION** = Getting out of your comfort zone can be difficult, or even scary, to do when you are alone. We will help you break through your barriers, push your limits, and motivate you to be the best version of yourself. We'll do it together!

## WHY SHOULD YOU JOIN OUR T.E.A.M.?

- Small class sizes allow for you to get more individualized attention. (max of 9/min of 4)
- Throughout the 8 weeks we will focus on progression to give you maximum results and a stronger, leaner body.
- You will learn how to live, and more importantly ENJOY, a healthier lifestyle
- T.E.A.M. Group Training is a cost-effective way to work with a Personal Trainer, without paying one-on-one prices.
- **BECAUSE IT'S FUN!!**

## TRAINING TAKES PLACE IN, 'MY FITNESS STUDIO'!

DAY	TIME	FEE*	TRAINER
TUESDAYS	11:00am-12:00pm	\$59/\$99	Alex
	7:00-8:00pm	\$59/\$99	Alex
THURSDAYS	11:00am-12:00pm	\$59/\$99	Alex
	7:00-8:00pm	\$59/\$99	Alex

\* FEE: Y Member / General Public

Please note Superfit Cards to not apply to these sessions.

# BE A PART OF THE T.E.A.M.!