

SEPTEMBER  
OPTIONS

# PLATINUM SMALL GROUP TRAINING

Our Platinum small group training sessions offer you a more intimate setting than a typical group fitness class with more individualized attention from the trainer and an atmosphere of camaraderie and encouragement between participants. Our Platinum options combine our most popular small group training programs into convenient packages that allow you to experience all of the benefits of small group training at an affordable rate and convenient schedule.

## PROGRAMS BEGIN SEPTEMBER 1, 2020

### RISE & GRIND

with KIM KELLAGHER

TUE & THU SAT

5:30-6:30AM 9:30-10:30AM

ARENA SPORTS FACTORY

### FIT FACTORY & CYCLE AND STRENGTH

with WENDY O'BRYANT

CYCLE & STRENGTH FIT FACTORY

MON / 4:30-5:30PM

WED / 7:15-8:15AM

FRI / 7:15-8:15AM

MON- SPORT COURTS  
WED- SPORTS FACTORY  
FRI- SPORT COURTS

### GRIT & CORE

with ERIN WOOD

TUE & THU

6:30-7:15PM

SPORT COURTS

### POWER HIIT BOXING

with SHAUNNA RIVERA

TUE

6:00-6:45PM

ARENA SPORTS FACTORY

#### PAYMENT OPTIONS:

*Make a commitment to a program!*

- One session per week: \$60/month
- Two sessions per week: \$120/month

*Not ready to make a commitment?*

10-pack Voucher: \$150

*•Valid to use for all programs •Expires 60 days from purchase*

For questions and more information, contact:

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