



Join our functional fitness, small group training class. Certified personal trainers as well as a CROSSFIT LEVEL ONE TRAINER on staff to coach groups of 2-4 people. One hour session to help build strength and endurance and improve your cardiovascular fitness.

<b>MON</b>	<b>4:45am</b>	<b>5:45am</b>	
<b>WED</b>	<b>4:45am</b>	<b>5:45am</b>	<b>5:45pm</b>
<b>FRI</b>	<b>4:45am</b>	<b>5:45am</b>	
<b>SAT</b>	<b>7:30am</b>		

## PRICING OPTIONS

### DROP IN

Mem \$12  
NonMem \$15

### PUNCH CARD

Mem \$50 for 5 classes  
=\$10/class  
NonMem \$55 for 5  
classes =\$12/class

### UNLIMITED

Unlimited rogue classes  
for \$100/mth added on  
to your monthly dues

Must pre register ahead of time to reserve spot in class  
**REMEMBER your first class is FREE.**  
**Bring a friend to try it for FREE!**