

# FT60

FUNCTIONAL TRAINING 60 MINUTES

## STARTING NOW

Visit our Member Service Desk to register!

## WHAT IS IT?

A large group circuit training class that utilizes the Synergy360, unique cardio equipment and turf in the **NEW FUNCTIONAL TRAINING AREA** for a dynamic total body workout.

These classes will train both your cardiovascular and muscular endurance systems. With a new workout every week and a group setting to keep you motivated, this class is designed to push participants harder than you'd push yourself and will keep the body guessing.

FT60 is offered 7 times per week and you may attend as many as you want each week.

Monday	5:45 - 6:45 am
Tuesday	6:30 - 7:30 pm
Wednesday	5:45 - 6:45 am
Thursday	6:30 - 7:30 pm
Friday	9:15 - 10:15 am
Saturday	10:30 - 11:30 am
Sunday	9:30 - 10:30 am

## WHEN CAN I TAKE IT?

## HOW MUCH IS IT?

Special Project Price: \$50/month  
One-day drop in rate = \$13  
Payments are monthly.

Lock in this price before it goes up!

