

ADULT FITNESS TRAINING SCHEDULE

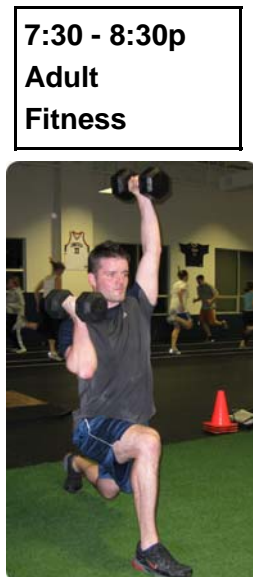


WILMINGTON

THE PROGRAM:

- UNIQUE ATHLETIC WORKOUTS - customized to your fitness level and goals, from beginners to advanced.
- STRENGTH & CONDITIONING SPECIALISTS - workouts are led by degreed coaches who also train elite athletes and know how to get you results.
- WORKOUTS ARE FUN - every workout is unique and different to keep you having fun and on your toes so you never plateau.
- LOOK AND FEEL LIKE AN ATHLETE - whatever your goals are - lose weight, tone up, increase strength – CATZ will get you there!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|----------------------------------|
| 8:30 - 9:30a Adult Fitness | 6:00a - 7:00a Adult Fitness | 8:30 - 9:30a Adult Fitness | 6:00 - 7:00a Adult Fitness | 8:30 - 9:30a Adult Fitness | 8:00 - 9:00a Adult Fitness |
| 12:00 - 1:00p Adult Fitness | 9:00 - 10:00a Adult Fitness | 12:00 - 1:00p Adult Fitness | 9:00 - 10:00a Adult Fitness | 12:00 - 1:00p Adult Fitness | |
| 6:30 - 7:30p Adult Fitness | 12:00 - 1:00p Adult Fitness | 6:30 - 7:30p Adult Fitness | 12:00 - 1:00p Adult Fitness | 5:30 - 6:30p Adult Fitness | |
| 7:30 - 8:30p Adult Fitness | 6:30 - 7:30p Adult Fitness | 7:30 - 8:30p Adult Fitness | 6:30 - 7:30p Adult Fitness | | |



7:30 - 8:30p
Adult
Fitness

ADULT PACKAGES

1 Month Memberships

- 2 Day - \$149
- 3 Day - \$189

6 Month Memberships

- 2 Day - \$119/month
- 3 Day - \$149/month

12 Month Memberships

- 2 Day - \$99
- 3 Day - \$119

Session-Based Memberships

- 10 Sessions - \$199

CONTACT US

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