

FALL 2010 ADULT FITNESS TRAINING SCHEDULE (8/30/2010 - 11/21/2010)



THE PROGRAM:

- **UNIQUE 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 GREAT!** - 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 Performance	6:00 - 7:00a Adult Fitness	8:30 - 9:30a Adult Performance	6:00 - 7:00a Adult Fitness	8:30 - 9:30a Adult Performance	8:00 - 9:00a Adult Mixed Level
12:00 - 1:00p Adult Mixed Level	7:00 - 7:45a Adult Express	12:00 - 1:00p Adult Mixed Level	7:00 - 7:45a Adult Express	12:00 - 1:00p Adult Mixed Level	9:00 - 10:00a Adult Performance
6:30 - 7:30p Adult Fitness	9:00 - 10a Adult Fitness	6:30 - 7:30p Adult Fitness	9:00 - 10:00a Adult Fitness	5:30 - 6:30p Adult Fitness	
7:30 - 8:30p Adult Performance	12:00 - 1:00p Adult Mixed Level	7:30 - 8:30p Adult Performance	12:00 - 1:00p Adult Mixed Level		
	5:30 - 6:15p Adult Express		5:30 - 6:15p Adult Express		
	6:30 - 7:30p Adult Fitness		6:30 - 7:30p Adult Fitness		
			7:30 - 8:30p Adult Performance		

ADULT PACKAGES

Annual Member: \$99/month

Includes:

- Unlimited access to adult fitness training sessions
- Fitness & body composition testing every 3 months
- One-on-one introductory nutrition consultation.
- **As low as \$6.25/session**

Session-Based Memberships

- 10 sessions - \$250
- 20 sessions - \$400

Personal Training

- Ask staff for details, pricing and scheduling.