

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
6:00 - 7:00a Adult Fitness	6:00 - 7:00a Adult Fitness		6:00 - 7:00a Adult Fitness		
7:00-7:45a Express	7:00-7:45a Express		7:00-7:45a Express	7:00-7:45a Express	8:00 - 9:00a Adult Fitness
9:00 -10:00a Adult Fitness	9:00 -10:00a Adult Fitness	9:00 - 10:00a Adult Fitness	9:00 -10:00a Adult Fitness	9:00 - 10:00a Adult Fitness	9:00 -10a Adult Fitness
12:00 - 1:00p Adult Fitness	12:00 - 1:00p Adult Fitness	12:00 - 1:00p Adult Fitness	12:00 - 1:00p Adult Fitness	12:00 - 1:00p Adult Fitness	
5:30 - 6:15p Express	5:30 - 6:15p Express	5:30 - 6:15p Express	5:30 - 6:15p Express	5:30 - 6:30p Adult Fitness	
6:30 - 7:30p Adult Fitness	6:30 - 7:30p Adult Fitness	6:30 - 7:30p Adult Fitness	6:30 - 7:30p Adult Fitness		
7:30 - 8:30p Adult Fitness	7:30 - 8:30p Adult Fitness	7:30 - 8:30p Adult Fitness	7:30 - 8:30p Adult Fitness		

Pro Membership: \$299/month

- ⇒ 2 Personal Training Sessions/month
- ⇒ A 1 hour Massage Every Month
- ⇒ Unlimited Group Training
- ⇒ Quarterly Fitness Evaluations
- ⇒ Custom Meal Planning
- ⇒ And much, much more ...

Annual Membership:

⇒ **\$99/month**

⇒ Month to Month:
\$199/month

Personal Training Intro Special
2 session for \$100!

Session-Based Memberships

→ 10 Sessions -\$299

Personal Training

- 10 Sessions - \$850
- 15 Sessions - \$1200
- 20 Sessions - \$1500

CONTACT US

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