

# TEAM TRAINING



# THE TRAINING STUDIO

Breakthru Fitness

# MEMBERSHIP



time:	mon	tues	wed	thurs	fri	sat
5:30 am	LEANER		STRONGER		BURNER	
6:30 am	LEANER		STRONGER			
7:30 am	LEANER		STRONGER		BURNER	
8:30 am	LEANER	LEANER		STRONGER	BURNER	
9:30 am	LEANER*		STRONGER*			BURNER 9:00 am
5:30 pm		LEANER	STRONGER	STRONGER		

\* These workout times are recommended for new/beginning level participants.

## What is TEAM TRAINING?

Our signature 50-minute Team Training workouts utilize a variety of strength and cardio equipment to provide you with the best total body workout in the shortest amount of time.

### What are the Benefits?

- Enjoy the attention and **expertise from our BTF Coaches.**
- **Unlimited access**, ability to book workouts online, limited group size of 10 people maximum per session
- Our system **builds better overall fitness** by focusing on the **3 fundamental aspects of a great workout:**
  1. Improve Mobility and Flexibility
  2. Increase Total Body Strength
  3. Boost Metabolism and Enhance Weight Loss

### What are the different types of workouts?

#### STRONGER

strength workouts for those looking to improve overall strength and to build lean muscle.

#### LEANER

metabolic (cardio + strength) workouts for those looking to lose weight, boost metabolism.

#### BURNER

cardio-focused workouts with elements of core, balance and stability.



Please contact the front desk for more information or go to [www.breakthrufitness.com](http://www.breakthrufitness.com)



We "pinky swear" to keep to this schedule, but please check online at [breakthrufitness.com](http://breakthrufitness.com) for any last moment instructor or class changes!

4-2018