

CIRCUIT CLASS INFORMATION

Increase strength, flexibility and overall fitness in a class designed by
Physical Therapist, athletic trainer, tri-athlete Marty Mattox.

The class will be taught in a safe, progressive but effective manner that will assist you in optimum performance whether coming back from an injury or reaching your personal goal. (Suitable for all levels)

MONDAY	1:00 PM	5:30 PM
TUESDAY	1:00 PM	
WEDNESDAY	1:00 PM	5:30 PM
THURSDAY	1:00 PM	
FRIDAY	1:00 PM	

\$55.00 / Month (\$50.00 / Month for patients)

\$15.00 / Class

Includes unlimited gym use:

Monday – Thursday 7:00 am – 7:00 pm

Friday 7:00 am – 6:30 pm

COME JOIN US! GET FIT AND HAVE FUN TOO!

First Class Attended Needs to Be Scheduled With Front Desk



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