



TEAM TRAINING

**CREDITS EXPIRE 90 DAYS AFTER PURCHASE.

MON	TUE	WED	THU	FRI	SAT
<p>5:30 PM TREAD</p>	<p>9:15 AM KICKBOX</p> <p>12:00 PM INTERVALS</p> <p>5:30 PM CROSS-TREAD</p>	<p>5:30 AM WILDCARD</p> <p>9:15 AM TREAD</p> <p>5:30 PM IRONWORKS</p>	<p>12:00 PM INTERVALS</p> <p>5:30 PM KICKBOX</p>	<p>5:30 AM TREAD</p> <p>12:00 PM 2.0 (ADVANCED)</p> <p>5:30 PM WILDCARD</p>	<p>9:00 AM KICKBOX</p> <p>10:00 AM STRENGTH CLINIC</p>

LEARN MORE

INTERVALS

Improves overall fitness. Incorporates strength and cardio intervals with equipment such as kettlebells, medicine balls, BOSU, battle ropes and suspension trainers.

STRENGTH CLINIC

Learn and improve form for safety and advancement. Equipment varies.

IRONWORKS

Build overall strength and improve form. Incorporates heavier equipment such as dumbbells, barbells, and kettlebells.

KICKBOX BRING YOUR GLOVES!

A total body workout, kick and punch your way to that toned fighter physique.

TREAD

Cardio-focused intervals on Air Runner treadmills and rowing machines with strength exercises using kettlebells, medicine balls, dumbbells, and more.

CROSS-TREAD

Air Runner treadmills combined with resistance training using barbells, dumbbells, BOSU, kettlebells, suspension trainers, or battle ropes.

2.0 (ADVANCED)

Expect to do intense compound movements with weights, short sprint cardio intervals, high impact body weight movements, and plyometric exercises. Participants should be an experienced Lac-Attacker or accustomed to high intensity workouts. Our most intense class, limited to 8 participants.

KICKR STUDIO

INDOOR BIKE TRAINING *BRING YOUR OWN BIKE!

Workouts deliver proper intensity to match ability and training needs. Great class to track cyclist performance.

WILDCARD

Be surprised, it's Trainer's choice!

PRICING⁺

Team Training offers fun and energizing workouts in a small group setting for all fitness levels.

PACKAGE (10)**

\$80

DROP-IN (1)**

\$10