



NEW UNITE SEASON!

UNITE Team Training Season 6 is coming!

- Small group training with dedicated coaches
- Seven-week seasons that meet twice a week starting October 24
- Two tracks to choose from
 - LIFE (Low Impact Functional Exercise)
 - combines low impact aerobic movements with functional strength exercises
 - FIT - combines athletic, aerobic movements with functional strength exercises
- \$149/Members (\$209 for non-members)

Monday	Tuesday	Wednesday	Thursday
FIT 5:45am Caitlyn Blue Gym		FIT 5:45am Caitlyn Blue Gym	
	LIFE 6:45am Megan B		LIFE 6:45am Megan B
	LIFE 9:30am Liv		LIFE 9:30am Liv
	FIT 5:45pm Kristen Blue Gym		FIT 5:45pm Cheyenne Blue Gym



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