



UNITE

TEAM TRAINING

AUGUST 12–SEPTEMBER 8

FREE

Four-Week Mini-Season!



Kickstart your health goals with an upbeat fitness routine!

UNITE Team Training offers two fitness options in small group settings. All sessions are led by inspirational coaches to motivate you to new levels of strength and fitness.

Choose your format and get started today:

FIT: High-impact, aerobic functional strength

LIFE: Low-impact, functional strength

UNITE WEEKLY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FIT 6:00 a.m. Jodi	LIFE 6:15 a.m. Megan	FIT 6:00 a.m. Jodi	LIFE 6:15 a.m. Megan	FIT 6:00 a.m. Jodi		