



# UNITE

## TEAM TRAINING

SEPTEMBER 8–NOVEMBER 1



**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

- Mondays & Wednesdays at 6:00 a.m. with Caitlyn

**LIFE:** Low-impact, functional strength

- Tuesdays & Thursdays at 6:30 a.m. with Megan
- Tuesdays & Thursdays at 9:15 a.m. with Liv

**Scan to register**



**FREE WEEK**  
September 9–15