



# UNITE TEAM TRAINING

Exercise to be FIT for LIFE

## Results Start Here: Dominate Your Health Goals Today!

UNITE Team Training offers two fitness options in small group settings, each with 14 sessions. 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

- Wednesdays and Fridays at 6:00 a.m.

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

- Tuesdays and Thursdays at 6:15 a.m.

### Free Week:

March 9–13

### Season :

March 9–May 3



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