



STRACK FITNESS

**Complete this Form and
Present for One FREE
Weekday Group Session***

Your Name _____

Street _____

City/Zip _____

Email _____

Phone _____

**Limit One Free Group Session per Person
Monday-Friday While Class Space Allows
(Current Members Get First Priority)*

Group training classes run six days of the week, with the routines varying from day to day. Each session provides 45 minutes of high-intensity circuit training to help you get and stay in shape!

CLASS TIMES

Monday-Friday: 8:30 a.m. to 6:30 p.m.

Saturday: 8 a.m. and 10 a.m.

*Free Session Available Mon.-Fri. Only
See Website or Call for Exact Times*

STRACK FITNESS

Located in the White Swan Plaza

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