

TFCR

Team Fitness Challenge: Summer's Approach

Pre and Post Assessment

*Nutrition and recovery
consultation*

*Win Individual and team
prizes!*



*12-week dynamic
fitness routine*

*10 group training
sessions*

Cost: \$275 +GST

Sign up By Monday April 12th at the front desk

Starts Wednesday April 14th

*Training times will be non-prime time (outside 11am-1pm) and determined once teams are formed.