



World Gym Team Training

January 2020

	Mon	Tues	Wed	Thurs	Fri	Sat
9:30am		Move It to Lose It with Chris		Move It to Lose It with Chris		
4:30pm	C.H.A.O.S. Training with Coach Lou		C.H.A.O.S. Training with Coach Lou			
5:30pm		Move It to Lose It with Chris		Move It to Lose It with Chris		
6:00pm	Move It to Lose It with Chris		Move It to Lose It with Chris			

Sessions start MONDAY, JANUARY 6th and end FEBRUARY 6th, 2020!

MOVE IT to LOSE IT with Chris - Resistance Intervals, Power, Plyometrics, Endurance, and DIET. The one stop body shop designed for all fitness levels, allowing any gym novice or trained athlete to feel an intense full body workout.

C.H.A.O.S. TRAINING with Coach Lou - Challenging others to creatively live a Healthier lifestyle and achieve their fitness goals through Accountability and Organized team training designed for Success.

FEES: ONE time per week: \$59

TWO times per week: \$109

THREE times per week: \$149