



ADULT PERFORMANCE FIT



Get in shape when you want, how you want!

Tired of getting lost in a typical gym and not getting the results your paying for? Come train with our Certified Strength & Conditioning Specialists for a unique and personal fitness experience! Train on your schedule with our "Drop In" option, or schedule your sessions for tracked progress toward achieving any goal! If you're a weekend warrior, training for a marathon, or just want to get back in shape, get the personal training and attention you need to reach your goals for a fraction of the price! **GET STARTED TODAY!** Multiple training times available!

Monday Through Friday: 6am-10am, 11am-1pm, 3pm-8pm

Saturday: 8am-2pm

Unlimited Training—\$79/month, no hidden fees, contracts, or start up costs!

Corporate and Group Discounts available for groups of 6 or more!

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