

# SUMMER SHRED

Members \$110.00

Non-members \$125.00

Registration starts April 1st

**6 WEEKS SCULPT, TONE, INCREASE & DEFINE YOUR MUSCLES**

**SHRED BODY FAT / GAIN LEAN MUSCLE**

**Monday April 17th—Sunday May 28th**

- \*Monday 6:30 PM — JANICE
- \*Tuesday 5:45 AM — PHILLIP
- \*Thursday 10:15 AM — AUBREY
- \*Friday 6:00 PM — SARAH
- \*Saturday 10:05 AM — PHILLIP

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**1 hour workout sessions per week  
30 min in the GX or Cycle studios  
30 min on the weight room floor or outdoors**

