



**MEMBERSHIP PRICING:**

5 Days/Week: \$100 |mo.

4 Days/Week: \$90 |mo.

3 Days/Week: \$80 |mo.

2 Days/Week: \$70 |mo.

All Memberships include 24/7 gym access & fitness classes

**(563) 587 - 8052**

**Staffed Hours**

**Monday - Thursday:** 5am - 8pm

**Friday:** 5am - 5pm

**Saturday:** 6am - 2pm

# TEAM CONDITIONING PROGRAM CALENDAR\*

## FITCAMP/POWER HOUR

MON	TUES	WED	THURS	FRI	SAT	SUN
Fitcamp 5:00 - 5:50am	Power Hour 5:00 - 5:50am	Fitcamp 5:00 - 5:50am	Power Hour 5:00 - 5:50am	Fitcamp 5:00 - 5:50am		
Fitcamp 6:00 - 6:50am		Fitcamp 6:00 - 6:50am		Fitcamp 6:00 - 6:50am		
Fitcamp 8:00 - 8:50am	Power Hour: 8:00 - 8:50am	Fitcamp 8:00 - 8:50am	Power Hour: 8:00 - 8:50am	Fitcamp 8:00 - 8:50am	Fitcamp 8:00 - 8:50am	
Fitcamp 4:00 - 4:50pm		Fitcamp 4:00 - 4:50pm	Power Hour 4:00 - 4:50pm			
	Power Hour 5:30 - 6:20pm		Power Hour 5:30 - 6:20pm			

\*Effective Feb. 2 2019