

BOT CAMP



AE NOW OFFERS UNLIMITED GROUP TRAINING FOR JUST \$119 A MONTH!

AE is now offering up to 40 group classes a month for just \$119 when you sign up for a one-year contract. Month-to-month memberships are \$150 a month. These classes will include a proper warm up, strength training, core work, conditioning and flexibility. Our classes are fun, challenging and are sure to take your fitness to the next level. Whether you are just starting out or have been working out for years these classes will educate and teach you how to get the results you have been waiting for. Where else can you get top notch training from qualified trainers for just \$119 per month?

Join now and lock in your rate of \$119/month for life!

Or try a class for just \$25 (deducted off first month's rate upon sign up)

Adult Fitness Classes - Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Strength Training	Fitness Training	None	Strength Training	None	None
7:30am	None	None	None	None	None	Strength Training
9:00am	Strength Training	None	Core Training	None	Fitness Training	Strength Training
4:30pm	Spin Class	None	None	None	None	None
6:30pm	Strength Training	Fitness Training	None	Strength Training	None	None

*** Special Spin Class and Kettlebell Training Class will be held once per week as well**



For more information, contact Mike Perry:

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