

## 6 Week Training Program

- \$99/6 Weeks

## Low Impact Plus

- \$45/Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
	5:00am – 6:00am 6 Week Training	5:00am – 6:00am 6 Week Training	5:00am – 6:00am 6 Week Training	5:00am – 6:00am 6 Week Training	5:00am – 6:00am 6 Week Training	
	8:00am – 9:00am 6 Week Training	8:00am – 9:00am 6 Week Training	8:00am – 9:00am 6 Week Training	8:00am – 9:00am 6 Week Training	8:00am – 9:00am 6 Week Training	
		10:45am – 11:30am Low Impact Plus		10:45am – 11:30am Low Impact Plus		
6	7	8	9	10	11	12
	5:00am – 6:00am 6 Week Training	5:00am – 6:00am 6 Week Training	5:00am – 6:00am 6 Week Training	5:00am – 6:00am 6 Week Training	5:00am – 6:00am 6 Week Training	
	8:00am – 9:00am 6 Week Training	8:00am – 9:00am 6 Week Training	8:00am – 9:00am 6 Week Training	8:00am – 9:00am 6 Week Training	8:00am – 9:00am 6 Week Training	
		10:45am – 11:30am Low Impact Plus		10:45am – 11:30am Low Impact Plus		
13	14	15	16	17	18	19
	5:00am – 6:00am 6 Week Training	5:00am – 6:00am 6 Week Training	5:00am – 6:00am 6 Week Training	5:00am – 6:00am 6 Week Training	5:00am – 6:00am 6 Week Training	
	8:00am – 9:00am 6 Week Training	8:00am – 9:00am 6 Week Training	8:00am – 9:00am 6 Week Training	8:00am – 9:00am 6 Week Training	8:00am – 9:00am 6 Week Training	
		10:45am – 11:30am Low Impact Plus		10:45am – 11:30am Low Impact Plus		
20	21	22	23	24	25	26
	5:00am – 6:00am 6 Week Training	5:00am – 6:00am 6 Week Training	5:00am – 6:00am 6 Week Training	5:00am – 6:00am 6 Week Training	5:00am – 6:00am 6 Week Training	
	8:00am – 9:00am 6 Week Training	8:00am – 9:00am 6 Week Training	8:00am – 9:00am 6 Week Training	8:00am – 9:00am 6 Week Training	8:00am – 9:00am 6 Week Training	
		10:45am – 11:30am Low Impact Plus		10:45am – 11:30am Low Impact Plus		

27	28	29	30
	<p>5:00am – 6:00am 6 Week Training</p> <p>8:00am – 9:00am 6 Week Training</p>	<p>5:00am – 6:00am 6 Week Training</p> <p>8:00am – 9:00am 6 Week Training</p> <p>10:45am – 11:30am Low Impact Plus</p>	<p>5:00am – 6:00am 6 Week Training</p> <p>8:00am – 9:00am 6 Week Training</p>



# LOW IMPACT PLUS

TUESDAY/THURSDAY 10:45AM - 11:30AM

**NOVEMBER - \$45**

REGISTER AT BRUSHY LAKE FITNESS CENTER





# 6 WEEK TRAINING PROGRAM

Brushy Lake Fitness Center

**TRAINING SESSIONS**

**MONDAY - FRIDAY**

**5:00AM - 6:00AM**

**8:00AM - 9:00AM**

- New workout every day based on each individual's needs and goals
- Resistance based workouts designed to maximum muscle recruitment in order to increase metabolic rate, strengthen and tone muscle and improve your cardio respiratory system
- All workouts are guided by a Fitness Professional to properly demonstrate each exercise and make any necessary modifications



**CONTACT:**

**DREW@RISHERCO.COM OR 281.468.6990**