

# WINTER GROUP COACHING

## NOV 2–JAN 31



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	<b>SWIM</b> St. Catherine's 6 AM		<b>CYCLE</b> Endorphin Fitness 6 AM	<b>STRENGTH</b> Endorphin Fitness 6 AM		<b>MOVIE RIDE</b> Endorphin Fitness 7-9 AM
PM	<b>CYCLE</b> EF 6 PM <hr/> <b>STRENGTH</b> EF 7:15 PM	<b>RUN</b> Byrd Middle School 6 PM		<b>CYCLE</b> Endorphin Fitness 6 PM		

Each class will follow a 3-month technique & pre-season intensity progression so we encourage you to take advantage of the full season. Participants also receive unlimited use of the EF Training Center & access to the Saturday Movie Ride.

	FULL SEASON	MONTH
<b>Drop-In</b>	\$15/class	
<b>1 Class/Week</b>	\$119	\$49
<b>2 Classes/Week</b>	\$195	\$74
<b>Unlimited</b>	\$269	\$99