



ENDORPHIN FITNESS



SPRING COACHING

The Endorphin Fitness Tri Training Team provides a community of support from expert coaches, fellow team members, and a world-class training center to accomplish your goals. The Spring Season begins **FEBRUARY 12th** with your choice of a sprint, international/olympic, half ironman, or ironman race tract. On your chosen tract, you will prepare for a series of team races leading up to peak events for those distances.

TRAINING SCHEDULE

	AM	PM
MON	Swim 6:15-7:30AM	Swim 5:15-6:30PM
TUES	Bike 6:00AM	Bike 6:00PM Strength 7:15PM
WED	Swim 6:15-7:30AM	Swim 5:15-6:30PM
THURS	Run 6:00AM	Run 6:00PM Strength 7:15PM
FRI	Swim 6:15-7:30AM	
SAT	Bike 7:30AM Strength 10AM	
SUN		Run 2:00PM

*Schedule subject to change

LOCATIONS

Swim St Catherine's

Bike Endorphin Fitness/West Creek

Run Byrd Middle Thurs, Endorphin Fitness Fri, Varies Sun

Strength Endorphin Fitness

NEW MEMBERS

All new team members are encouraged to attend our **FREE Tri Essentials Clinic February 11th** from **1-6PM**. You will learn skills essential to the sport: swim/bike/run technique, transitions, and nutrition.

REGISTER NOW

The Spring Season is part of a year-round program so you have the option of paying \$795 for the season (Feb 12-June 24) or committing longer at a reduced rate:

6-11 MONTHS \$155/mo. **12 MONTHS** \$125/mo.

Rates include All Group Classes, a Detailed Training Plan, Access to the EF Training Center, and a 15% discount to the EF Tri & Bike Shop. Monthly Payment Options Available.

804.741.1599 * INFO@ENDORPHINFITNESS.COM

WWW.ENDORPHINFITNESS.COM



ENDORPHIN FITNESS