



# TEAM *e.FIT*

JAN 7<sup>TH</sup>

Endorphin Fitness has been empowering Richmonders to achieve more than they felt possible for over seven years. Team eFit is an innovative approach to finding fitness. This is not your normal fitness program: we take your individual goals and attack them with a 12-week methodical workout program, supportive team structure, and a personal relationship with your trainer. All levels are welcome—we individualize the program to meet your needs.

## PROGRAM *PERKS*

All team members will receive all the tools to succeed:

- |                               |                          |
|-------------------------------|--------------------------|
| Access to 3 Weekly Workouts   | Team T-Shirt             |
| Detailed Workout Plan         | Access to Team Forum     |
| Personalized Goal Tracking    | Social Events & Lectures |
| Access to EF Workout Facility | 15% Discount to EF Shop  |

## WORKOUT *SCHEDULE*

January 7–March 31

**Tuesday** 6:00 - 7:00 PM Endorphin Fitness

**Thursday** 6:00 - 7:00 PM Endorphin Fitness

**Saturday** 8:00 - 9:30 AM Deep Run Park

Team Members will also have access to a workout plan detailing workouts outside of class

## REGISTER *NOW*

### 12-WEEK COMPREHENSIVE PROGRAM

Before December 15th: \$275

After December 15th: \$325

## INFO *SESSION*

**December 13th 7:30PM**

804.741.1599

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endorphinfitness.com



ENDORPHIN *FITNESS*