

GROUP FIT CLASS SCHEDULE



Monday - Friday: 0600-1900 (6am - 7pm)

Saturdays: 0600-1700 (6am - 5pm)

24-hour Access Available

Email: tmfco@tysmilitaryfitness.com

Phone: (252) 650-2257

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	0900: Spinning w/ Mouse 1000: Powerlifting		1000: Powerlifting		0900: Spinning w/ Mouse 1100: Powerlifting	0800: Glute Camp w/ Ty
AFTERNOON	1200: Boxing Class	1200: Boxing Class	1200: Boxing Class	1200: Boxing Class	1200: Boxing Class	
EVENING	1815: Total Body Fitness (w/ Ty)		1815: Total Body Fitness (w/ Ty)		1800: Total Body Fitness (w/ Ty)	

MEMBERSHIP / SERVICES:

Membership Rates:

Individual: \$39*

24-hour Access: \$54*

Family: \$85*

Yearly: \$19.95*

*: Sign-up fees apply

Personal Training:

\$50 per session

\$35 per 30-minute session

\$40 per session (Group/ 3 person Max)

Body Comp Assessments / Meal Plans Available

Group Class Rates:

\$20 any class

\$180 Unlimited classes (Monthly)

Boxing Classes:

4 classes: \$120

8 classes: \$210

12 classes: \$300

Powerlifting Classes:

4 classes: \$100

8 classes: \$160

12 classes: \$225