

# GROUP FIT CLASS SCHEDULE



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

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

Email: [tmfco@tysmilitaryfitness.com](mailto:tmfco@tysmilitaryfitness.com)

\*24-hour Access Available\*

Phone: (252) 650-2257

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	<b>0730:</b> Accelerated Results  <b>0900:</b> Spinning w/ Mouse		<b>0730:</b> Accelerated Results		<b>0730:</b> Accelerated Results  <b>0900:</b> Spinning w/ Mouse	<b>0800:</b> Booty Boot Camp w/ Ty
AFTERNOON	<b>1000:</b> Powerlifting  <b>1200:</b> Boxing Class	<b>1100:</b> Boxing Class	<b>1000:</b> Powerlifting  <b>1200:</b> Boxing Class	<b>1100:</b> Boxing Class	<b>1200:</b> Boxing Class	
EVENING	<b>1700:</b> Accelerated Results  <b>1815:</b> Total Body Fit	<b>1700:</b> Booty Boot Camp w/ Ty	<b>1700:</b> Accelerated Results  <b>1815:</b> Total Body Fit	<b>1800:</b> Total Body Fit		

## MEMBERSHIP / SERVICES:

### Membership Rates:

Individual: \$39\*

24-hour Access: \$54\*

Family: \$70\*

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:

\$7 any class

\$159 Unlimited classes (Monthly)

### Boxing Classes: (90 mins)

4 classes: \$120

8 classes: \$210

12 classes: \$300

### Powerlifting Classes: (2hrs)

4 classes: \$100

8 classes: \$160

12 classes: \$225