



Effective workouts for GREAT results!

Team

Training For Adults



6-week session starts April 30th

Our Team "Group" Training sessions are highly motivating and specifically programmed to your needs! Sessions vary from strength to metabolic.

Metabolic sessions are designed to get your metabolism revving and provide you the effective cardiovascular benefits in a shorter amount of time for most effective fat loss. You will learn how to use a variety of equipment like TRX, kettlebells, ropes, sandbags, medicine balls and more. You'll have a blast while torching fat!

Strength sessions are designed to build lean muscle to boost your metabolism for the long term. Lower reps and higher weights along with repetitions of sets are the focus of these sessions.

We encourage everyone to go at their own pace, but each week try to push yourself to lift a little more than you did the week before.

CHOOSE:

1x/
week



2x/
week



3x/
week

Mon	Wed	Fri	Sat
5:45 am	5:45 am		
	8:30 am	8:30 am	10 am
6:00 pm	6:00 pm		

Registration required.

45-minute Sessions
Membership & Experience
not required.
Measurements at start & finish.
Make-ups allowed!

YANG'S
FITNESS CENTER

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