



Effective workouts for GREAT results!

# Team Training For Adults



## Next session starts July 30th



Our Team "Group" Training sessions are highly motivating and specifically programmed to your needs! Sessions are 45-minutes in length and include strength and metabolic exercises.

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.

**Once, Twice or Three Times A Week ... You Choose!**

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

Registration required. Additional times may be added soon!

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

**YANG'S**  
FITNESS CENTER

Registration info on the other side.

5 Dundee Park ~ Andover ~ 978.475.2020 ~ [www.YangsFitness.com](http://www.YangsFitness.com)