



SGT. 6

SMALL GROUP TRAINING

TRAIN
with purpose

@PARKCENTER

	MON	TUES	WED	THUR	FRI	SAT	SUN
6:00 AM	✓	✓	✓	✓	✓		
8:00 AM	✓		✓				
9:00 AM	✓		✓		✓		
9:30 AM						✓	
10:00 AM		✓		✓			
NOON	✓		✓				
6:00 PM	✓	✓	✓				

- Enjoy your training in a fun, small, group environment
- Better quality of life as you work through transferable movements
- Train with purpose using our structured 6-week phases of training
- Lose fat as you focus on maximizing calorie burn
- Increase strength and performance
- High energy training sessions to motivate and uplift



TRUTH IN FITNESS