

# FormWell Team Training



Choice, *not* chance, determines your destiny.

\*Classes are subject to change. Please refer to our online schedule.

[www.formwell.com](http://www.formwell.com)

## Week at a Glance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5-6:45 AM		5-6:45 AM			
6-6:45 AM		6-6:45 AM		6-6:45 AM		
					8:00-8:45 AM	
9:00-9:45 AM				9:00-9:45 AM		
					\$25 drop-in fee for all non-members.	
	6:00-6:45 PM		6:00-6:45 PM			
CLASS DESCRIPTION						

**Team:** Great variety of exercises, geared to all levels, beginner to seasoned athlete, but anyone is welcome! Combination of kettlebells, suspension tools, medicine balls, ropes and your own body weight. The BEST way to lose stubborn body fat!