

## ***Adult Performance Training Program***

Are you looking to improve your fitness and quality of life? Whether you are new to training or frequent the gym and are looking for something new, Sanford Sports Performance will be able to help you improve your abilities and reach your goals. This program is designed to provide you with an enhanced gym experience by helping you move better, increasing your strength, and improving your endurance while staying healthy and having fun. Learning a new skill and succeeding at your goals can be fun!

During a group session, a certified coach will provide you with a safe and effective workout routine and encourage you. The program fee allows unlimited daily access and is a monthly charge. The monthly charge will continually occur until you let the front desk know you would like to cease your participation. This program is available for purchase at our front desk.

- Days: Monday, Tuesday, Wednesday, Thursday, and Friday
- Times: 5:45-6:30 AM and 12-12:45 PM (unlimited group training)
- Cost: \$125 per month; includes a monthly membership to the facility.
- Program fee will automatically be renewed until participant cancels, at the front desk.
- Allows access to the Hot and Cold Plunge Pools.
- Must be 18 years old or older to purchase.
- No start date, sessions are ongoing.