

Introducing...

Club TVT

**Tri Valley
Trainer.com**

\$99/mo*



for unlimited access to the group exercise classes:

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:00 AM	<i>private training</i>	<i>private training</i>	<i>private training</i>	<i>private training</i>	<i>private training</i>	Zumba w/Patricia	
10:00 AM	<i>private training</i>	All-In-One w/Dan	<i>private training</i>	All-In-One w/Dan	<i>private training</i>		
Noon	Tabata Blast w/Melissa*	<i>private training</i>	Tabata Blast w/Melissa*		Zumba w/Felice		
6:00 PM	Fat Furnace w/Dan	<i>private training</i>	Cardio/Core w/Nichole	Fat Furnace w/Nichole			<i>Meditation</i>
7:00 PM	Boxing Circuit w/Dan	<i>private training</i>	Zumba w/Angela	Yoga w/Vrushali			

* (12:15 - 12:45pm, 30-min class)

(Class formats, days, times and instructors subject to change based on class popularity and coverage requirements.)

Three classes/week cost per class is under \$7!

***(or \$250 for a three-month membership)**

*For more information or to join Club TVT: **Dan@TriValleyTrainer.com***