

ASCEND

TEAM TRAINING

ALL NEW ASCEND Team Training is designed to bring an elevated approach to Group Training with the hands-on, professional experience and guidance of a Personal Trainer.

Get a first glimpse of our new programming with 20-minute complimentary samples at the times below:

DEMO WEEK SPECIALS

SPECIALS ARE AVAILABLE 1/23-1/28

3 sessions for \$30
(*\$75 Value/New participants only)

3 sessions and a MyZone Belt for \$60
(\$174 Value/New participants only)

**Sign up for ASCEND Unlimited Perks,
Get a FREE MyZone Belt**
*3-month minimum commitment

**10% off 10 & 20 pack and MyZone Belts
for DEMO participants** *1 per person

**The first 20 people to purchase a package on
DEMO Day, will get a Complimentary ASCEND shirt**

**Complimentary InBody Measurements will
be available throughout the morning!**

RISE ABOVE YOUR FITNESS GOALS



ASCEND

TEAM TRAINING

DEMO DAY SCHEDULE JANUARY 28TH

8:00AM	BOXING*
8:00AM	HIIT BODYWEIGHT
8:30AM	BOXING*
8:30AM	BOOTCAMP
9:00AM	BOOTCAMP
9:30AM	ENDURANCE
10:00AM	STRENGTH
10:30AM	STRENGTH

*Boxing will be held in the basketball courts.
Please bring your own gloves.

All other classes are held in the Training Zone.
Register on the app. Space is limited.

RISE ABOVE YOUR FITNESS GOALS



ASCEND

CLASS DESCRIPTIONS

BOOTCAMP

This fast-paced workout utilizes an array of functional training equipment in a circuit-like training style. Energy is high, heart rates are higher.

BOXING*

Strap on your boxing gloves and learn the perfect strikes, combos and footwork, to get into killer boxing shape. Boxing gloves required.

ENDURANCE

Be prepared to spend a majority of your time on the Treadmills and rowers. This class is 75-minutes and designed for the person looking to build their endurance, and burn a lot of calories.

HIIT BODYWEIGHT

The best weight to push is your own in this body-weight only workout. Great for the busy individual short on time. Pack in a total body workout in just 40-minutes.

STRENGTH

With a unique focus each week, our priority is on compound movements, heavy weights, and building a strong body.

*Boxing will be held in the basketball courts.
Please bring your own gloves.

All other classes are held in the Training Zone.
Register on the app. Space is limited.