

NEW

MASTER YOUR MOVEMENT!

TRINITY

Adult Group Training

If you are interested in taking your health and fitness to the next level, the CHRISTUS Human Performance Center is here for your journey!

TRINITY Adult Group Training is a 60-minute small group training class designed for weekend warriors, busy parents, and individuals of all fitness levels.

TRINITY training sessions focus on our 3 main pillars of fitness: **Strength**, **Core**, and **Conditioning**!

- Pricing: **\$89 per month**
- Time: **6:00am**
- Days: **Monday - Friday**

JOIN NOW



Call 903.606.8855
Today!

TRINITY Adult Group Training Classes include:

- Classes are led by a Certified Strength & Conditioning Specialist (NSCA-CSCS)
- Programs are designed using the most up to date scientific training principles
- Training sessions are tailored to YOUR fitness level
- Discounted rate for current CHRISTUS Health & Fitness Center members
 - or Free membership to any of our CHRISTUS Health & Fitness Centers



CHRISTUS®

Human Performance Center

8591 South Broadway | Tyler, Texas | 75703

903.606.8855

www.CHRISTUShealth.org/hpc