

Group Training Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45am Strength I Kathleen		5:45am Strength I Kathleen	6:00am Strength II Lori		
	8:15am Strength I Kathleen		8:15am Strength I Kathleen		8:00am Strength I Cathy	
						11:15am Strength I Lori
5:30pm Strength I Devon	5:45pm Strength II Lori					
			6:15pm Strength II Devon			
7:15pm Strength I Lori						

We need at least 4 participants for Gravity Group Training. Contact **Devon Dohony** at ddohony@merrittclubs.com if you are interested in adding a training day/time or experiencing a **FREE** demo!

Free Demos are one time only per person.

1.800.639.7427
1.800.new.shape
 Join our eClub at www.merrittclubs.com





Merritt Athletic Clubs

Group Gravity Packages 2010

Group Gravity 45-Minute Sessions

Members

Package	1	4	8	12
Per Session	\$22	\$18	\$16	\$14
Cost Per Package	\$22	\$72	\$128	\$168

Non-Members

Package	1	4	8	12
Per Session	\$28	\$24	\$22	\$20
Cost Per Package	\$28	\$96	\$176	\$240

PT/Gravity Combination Package

8 Personal Training sessions/
8 Group Gravity sessions-\$395

All sessions must be used monthly. No carry-overs.
Packages are discounted to allow for missed sessions.



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