

THE **STARTING POINT** TRAINING PROGRAM

21 Days of True Strength

**2 SESSIONS TO
CHOOSE FROM**

\$247^{+tax}
(\$815 value)

**60 MINUTE
SESSIONS,
3X/WEEK**

WHAT THIS PROGRAM OFFERS:

- 9 hour-long small group training sessions
- Follow-up coaching emails
- Personalized strength and aerobic training intensity worksheets
- 30 minute Strategy Session with your Coach

SESSION DATES:

SEPTEMBER 11-30 OR OCTOBER 9-28

CHOOSE YOUR TIME:

**M/W/F 12-1PM OR
T/TH/SAT 10-11AM**

The Starting Point Training Program is a confidence-building strength and aerobic training experience. You'll start with the basics and move through progressions to to empower you to be your strongest self in body, mind and life.

**SMALL GROUP TRAINING.
LIMITED TO 4 PEOPLE**



**BELLINGHAM
TRAINING & TENNIS
CLUB**