

Ignite


*Complimentary
Group Fitness
Orientation Class*

Perfect for
NEW MEMBERS
or
CURRENT MEMBERS

Beginning February 2021



**Not sure about
Group Fitness
Classes?**



Starting at a new gym can be intimidating, especially if you are not familiar with how group fitness classes work, why they are so beneficial to your health, or which group fitness classes will work best for you. For this reason, we recommend new members or even existing members take our complimentary group fitness orientation class - Ignite.

Ignite is offered twice a month at each location and taught by Sportsclub's Group Fitness Managers. These highly trained individuals will walk you through:

- the different types of classes
- how each class is designed to impact your health
- what tools you will need for each class

Then our managers lead you through short 5 minute sessions of some of our most popular classes.

Take an **Ignite** class and **spice up your fitness routine** with **SPORTSCLUB's** many **exciting** group classes!


SPORTSCLUB
FITNESS & WELLNESS