

LES MILLS GRIT™ SERIES

30 MINUTE HIGH INTENSITY INTERVAL TRAINING

**LES MILLS
GRIT™
STRENGTH**
30 MINUTE HIGH INTENSITY
INTERVAL TRAINING

BUILDS STRENGTH AND REAL MUSCLE

- Uses barbells, plates and the bench to take training to the next level.
- Blasts all major muscle groups, leaving muscles lean and toned.
- Puts your metabolism into overdrive to burn fat for hours after the workout.
- Stimulates the production of growth hormone which reduces fat and helps you develop lean muscle.

**LES MILLS
GRIT™
PLYO**
30 MINUTE HIGH INTENSITY
INTERVAL TRAINING

BUILDS A POWERFUL, AGILE, ATHLETIC BODY

- Based on the principles of plyometrics, uses a bench to build power, increase speed and leg strength.
- Power agility training transforms up to 40% more muscle fiber, producing a lean, athletic shape.
- Increases muscular endurance, intensify your energy and increase stamina for a competitive or sports event.

**LES MILLS
GRIT™
CARDIO**
30 MINUTE HIGH INTENSITY
INTERVAL TRAINING

BURNS FAT AND RAPIDLY IMPROVES ATHLETIC CAPABILITY

- No equipment needed, this session combines high-impact body weight exercise with an explosive workout.
- Get the double whammy of maximizing your calorie burn within the workout, followed by burning fat for hours afterward.
- Cardio is scientifically proven to deliver results fast.



229 436 7117
1420 Dawson Road Albany GA 31707
www.PTGYM.com

See any PT Gym staff for details.

Unlimited GRIT access:
Members \$59 M2M
Non members \$99 M2M

JULY - AUGUST 2013

Mon	Wed	Thur	Fri
JUL 1 5:30AM Strength 9:30AM Strength 6:30PM Strength	JUL 3 5:30AM Cardio 9:30AM Strength 6:30PM Cardio	JUL 4	JUL 5 9:30AM Cardio
JUL 8 5:30AM Strength 9:30AM Strength 6:30PM Strength	JUL 10 5:30AM Plyo 9:30AM Strength 6:30PM Plyo	JUL 11 6:30PM Plyo	JUL 12 9:30AM Plyo
JUL 15 5:30AM Strength 9:30AM Strength 6:30PM Strength	JUL 17 5:30AM Cardio 9:30AM Strength 6:30PM Cardio	JUL 18 6:30PM Cardio	JUL 19 9:30AM Cardio
JUL 22 5:30AM Strength 9:30AM Strength 6:30PM Strength	JUL 24 5:30AM Plyo 9:30AM Strength 6:30PM Plyo	JUL 25 6:30PM Plyo	JUL 26 9:30AM Plyo
JUL 29 5:30AM Strength 9:30AM Strength 6:30PM Strength	JUL 31 5:30AM Cardio 9:30AM Strength 6:30PM Cardio	AUG 1 6:30PM Cardio	AUG 2 9:30AM Cardio
AUG 5 5:30AM Strength 9:30AM Strength 6:30PM Strength	AUG 7 5:30AM Plyo 9:30AM Strength 6:30PM Plyo	AUG 8 6:30PM Plyo	AUG 9 9:30AM Plyo
AUG 12 5:30AM Strength 9:30AM Strength 6:30PM Strength	AUG 14 5:30AM Cardio 9:30AM Strength 6:30PM Cardio	AUG 15 6:30PM Cardio	AUG 16 9:30AM Cardio
AUG 19 5:30AM Strength 9:30AM Strength 6:30PM Strength	AUG 21 5:30AM Plyo 9:30AM Strength 6:30PM Plyo	AUG 22 6:30PM Plyo	AUG 23 9:30AM Plyo
AUG 26 5:30AM Strength 9:30AM Strength 6:30PM Strength	AUG 28 5:30AM Cardio 9:30AM Strength 6:30PM Cardio	AUG 29 6:30PM Cardio	AUG 30 9:30AM Cardio

Schedule subject to change.

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