

**2019 SUMMER PROMOTION**

**for Teachers, High School and College Students**

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**Get in your best shape this summer at Functions of Life – Fitness and Performance!**

**$350 for 3-Months of UNLIMITED FITNESS CLASSES!**

**25+ High Energy Classes Available Per Week to include Cardio Kickboxing, Fitness Boot Camp, Fitness Cardio and Conditioning, Body Rock Fitness, Ignite 60 Max Calories, Hybrid CrossTraining, TRX Full Body Circuit and More…**

**FREE MyZone Heart Rate Training Belt ($40 Value)**

**Stay super motivated and accountable with our new MyZone HR Training Systems. You’ll be able to accurately track everything you do such as Calories, HR Training Zones, MyZone Effort Points and weekly/monthly workout reports. Go against yourself or others at the gym with MyZone MEPS Challenges. You won’t regret jumping on board this amazing tool for fitness.**

**Body Fat % Assessments, Body Weight, and Circumference Measurements**

**We want to prove to you that you will have the most amazing results from our world class training systems. We are offering an assessment of biometrics so you can not only feel the results, but also see those huge number differences on paper. Ask around, our specialty is getting clients past their goal weight and shaving off all of those stubborn inches.**

***Your 3-Months of Unlimited Fitness Classes begins whenever you want! Purchase the package online and we will be notified of your enrollment. We will change your activation/expiration date based on when you want to begin. From there, we will schedule a private session to go over the full program and measurements. If you have any questions, please email us at*** [***FunctionsofLife@gmail.com***](mailto:FunctionsofLife@gmail.com) ***or Call!***

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**YOUTH SUMMER TRAINING CAMP SCHEDULE**

**MVP Strength & Conditioning Camp (Ages 12-17)**

**Monday and Wednesday @ 11:00 AM (55 Min)**

**Athletic Strength & Conditioning Camp (Ages 8-13)**

**Monday and Wednesday @ 10:00 AM (45 Min)**

**GIRLS ONLY - Athletic Strength & Conditioning Camp (Ages 10-17) – GIRLS ONLY**

**Friday @ 10:30 AM (45 Min)**

**Athletic Speed, Agility, and Quickness Camp (Ages 10-17)**

**Tuesday and Thursday @ 10:00 AM (45 Min)**

**American Ninja Warrior Training Camp (Ages 6-12)**

**Monday and Wednesday @ 9:00 AM and 6:00 PM (55 Min)**

**Little Ninjas Obstacle Training Camp (Ages 4-7)**

**Friday @ 10:30 AM (55 Min)**

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**ENROLL ONLINE**

**www.FunctionsOfLife.com**

**(216) 785-5433**