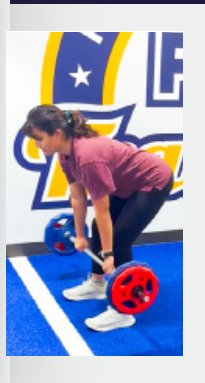




AT THE AQUATIC CENTER AT MYLAN PARK



F45 TRAINING CLASS TIMES

MONDAY CARDIO	TUESDAY RESISTANCE	WEDNESDAY CARDIO	THURSDAY RESISTANCE	FRIDAY CARDIO	SATURDAY HYBRID
6:00am - 6:45am	6:00am - 6:45am	6:00am - 6:45am	6:00am - 6:45am	6:00am - 6:45am	8:30am - 9:30am
8:00am - 8:45am	8:00am - 8:45am	8:00am - 8:45am	8:00am - 8:45am	8:00am - 8:45am	
12:00 - 12:45pm	12:00 - 12:45pm	12:00 - 12:45pm	12:00 - 12:45pm	12:00 - 12:45pm	
6:00pm - 6:45pm	6:00pm - 6:45pm	6:00pm - 6:45pm	6:00pm - 6:45pm	6:00pm - 6:45pm	

Aquatic Center x F45 Membership

UNLIMITED F45 Classes • FREE
Yoga • Member-Only Pool &
Track Hours • Discounts on
Programs & Services

FREE 30 DAY TRIAL

**NEW Aquatic Center Members
get a FREE 30 DAY TRIAL of
F45 Training when they sign up**

TRY BEFORE YOU BUY

\$20 Drop In Fee for
NON-MEMBERS
1 Free Trial Class per
New Trainee

45 minutes is all you need!

**EXISTING AQUATIC CENTER MEMBERS
CAN ADD ON F45 FOR \$45 PER MONTH!**



aqua@mylanpark.org or (304) 933 - AQUA
1847 Fitness Way, Morgantown, WV 26501

TEAM TRAINING ★ LIFE CHANGING