



# STRENGTH & CONDITIONING

## 15% OFF FOR OUR EDUCATORS & COACHES

### Benefits

- ✓ SANITY
- ✓ IMPROVED BRAIN HEALTH (SHORT & LONG TERM)
- ✓ MORE ENERGY, STRENGTH, AND OVERALL WELL BEING
- ✓ GREAT FOR CROSS TRAINING FOR OTHER ACTIVITIES YOU LOVE

### SCHEDULE @ THE SWEAT LAB

#### Monday – Friday

9:30 – 10:30am (M/W/F)

12:00 – 1:00pm

5:15 – 6:15pm

#### Saturdays

10:00 – 11:00am



[SIGN UP NOW](#)