

# TRINITYGROUP

If you are interested in taking your health and fitness to the NEXT LEVEL, we are here for your journey!

Trinity is a 60-minute group training class designed to help individuals of all fitness levels. These group training sessions will focus on our 3 main pillars of fitness: strength, core, and conditioning.



## What do you get with TRINITY?

You'll receive:

- 60-Minute training session broken down into 3 blocks:
  - » Strength
  - » Core
  - » Conditioning
- Monthly Body Composition Checks
- Free T-Shirt
- Classes lead by Certified Strength & Conditioning Specialists

## Programs & Pricing:

### • FOUNDATION

(4 Sessions Per Month = 1 time per week)

» Monthly Fee \$55

### • SELECT

(8 Sessions Per Month = 2 times per week)

» Monthly Fee \$95

### • PEAK

(Unlimited Sessions = 5 times per week)

» Monthly Fee \$155

## Additional Charges:

- **ADD A SESSION** (Members Only) \$15 per session
- **NON-MEMBER DROP IN** \$25 per session

For more information, call  
**903.606.8855** or visit us at  
**CHRISTUShealth.org/hpc**



CHRISTUS®  
Human Performance Center