

FREE MEN'S WORKOUT GROUP

14 locations throughout Naperville, Aurora, Lisle, Romeoville, Woodridge, Yorkville & Oswego

TRANSFORM YOUR BODY TRANSFORM YOUR LIFE

Keep those New Year's Resolutions and make 2024 a year of improved Fitness, Fellowship & F

FRIENDLY NEW GUY PACKAGE

\$0 down

- Attend your first 45 minute workout at any of our 14 locations Monday-Saturday.
- Discover muscles you forgot you had.
- Meet Mary & receive a fun nickname.

GOLD "SIX PACK" PACKAGE

- Discover a passion to accelerate your fitness.
- Outdoor workouts in the snow, rain or shine. We are always in the Gloom. -
- Develop male friends who will never leave you behind, but never leave you where they found you.
- Invigorate male leadership in your home, workplace, and community.

HARD COMMIT TO A FREE BOOTCAMP TODAY!





SILVER **PACKAGE**

\$0 /month

- Come back a second time to experience an entirely new beatdown.
- Be greeted by High Impact Men who will never leave you behind.
- Customized encouragement.
- Learn new and useless lingo, Aye!

PLATINUM PACKAGE

PRICELESS,

- Lead a workout for your peers and exercise your leadership muscles.
- Haul a cinderblock in your vehicle.
- Foster discipline, increase strength, & improve your will power.
- Build authentic relationships.
- Have access to beautiful outdoor running & rucking routes.
- Believe in something bigger than yourself.