

TRINITY ELITE
FITNESS GEAR

TRINITY FIT

ELITE STUDIO

WEEKLY CLASS CALENDAR

FAITH. INSPIRE. TRANSFORM.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:00 AM CARDIO & CORE IGNITION High-energy cardio Core & ab training Start your week strong! 	6:30 PM ELECTRIFYING BACK DAY Back, rear delts, biceps & conditioning Strength-focused & high intensity 	10:00 AM ELITE PERFORMANCE & CONDITIONING Agility, speed, explosive power, functional training & core Move better. Perform better. Live better. 	6:00 AM METABOLIC IGNITION Full-body dynamic training Cardio, strength & conditioning High energy. Burn more. Build more. 6:30 PM LEG DAY INSANITY Quads, hamstrings, glutes, calves & conditioning Finisher to build strength & endurance	10:00 AM CHAMPIONSHIP CHEST DAY Chest, triceps & shoulder finisher Optional cardio burnout 	8:00 AM TOTAL BODY INSANITY Full-body strength Cardio Team competition High-energy weekend workout 10:15 AM TRINITY FIT ELITE GROUP CLASS Advanced training Higher intensity Challenging movements For members ready to push to the next level!	11:30 AM KIDS CLASS AGES 6-11 Fun, fitness, and fundamentals that build strength, confidence & teamwork! 1:00 PM TEEN CLASS AGES 12-17 Build strength, confidence & discipline Prepare for life inside & outside the gym!

WHAT IS ELITE PERFORMANCE & CONDITIONING?

This class is designed to build the total athlete in you!

- ✓ Speed & Agility
- ✓ Explosive Power
- ✓ Functional Strength
- ✓ Core Stability
- ✓ Endurance
- ✓ Coordination
- ✓ Mental Toughness
- ✓ Real-World Performance



CONSISTENT CLASSES.
REAL RESULTS.

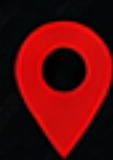


COMMUNITY. ACCOUNTABILITY.
TRANSFORMATION.



KEEP SHOWING UP.
TRUST THE PROCESS.

WE JUST KEEP SHOWING UP.



42040 KOPPERNICK RD, SUITE 409
CANTON, MI 48187



586-864-0965
CALL FOR MEMBERSHIP DETAILS!



FAITH BASED.
PURPOSE DRIVEN.
TRANSFORMATION FOCUSED.