

Triple Play FIT

Crossfit style workouts
“Constantly varied functional
movements executed at high
intensity”



LOSE WEIGHT, GAIN STRENGTH,
LOVE YOUR BODY!

JOIN A FITNESS COMMUNITY
AND FAMILY!



START DATE: SEPTEMBER 10.

CLASS TIME: 9:00AM-10:00AM MONDAY-
FRIDAY

PRICE: \$95.00 MONTH FOR 3 CLASSES
PER WEEK

\$130.00 MONTH FOR UNLIMITED
CLASSES.

What is Triple Play FIT?

- WEIGHT LOSS
- STRENGTH BUILDING
- ENDURANCE
- COMMUNITY
- HEALTH
- LOVE YOUR BODY!



**CHANGE YOUR HEALTH CHANGE
YOUR LIFE!**

BUILD CONFIDENCE!

FEEL GREAT LIVE FREE!

Head Trainers: Leticia Terrazas & Lyle
Gonzales

Register for class: Contact Lyle Gonzales
at lyle@tripleplaysportsplex.com or call
Triple Play Sportsplex (512) 763-8771

