



# The Power of Three

In order to reach your fitness goals, research shows training a minimum of three times a week is the way to see and feel progress.

## **TRAIN AT LEAST 3X PER WEEK**

Whether you attend group fitness classes, train in the gym, get in some cardio, or perform all of the above, the consistency of three times a week is what is going to get you to the next level.



**Work out three or more times each week during the month of February to be entered in a drawing for \$100!**

*Swipe your key card at the main gym or register for classes for us to track your usage.*

