

TNT



elite
SPORTS CLUBS

EliteClubs.com

Teen Nutrition & Training for Elite Juniors ages 10 - 14

TNT is required for early entry into the Fitness Center.

**Join an Elite Personal Trainer for a
comprehensive program to learn:**

Safety & Fitness Center etiquette

Exercise routines

Group exercise classes

Healthy Eating

Proper use of weights & cardiovascular equipment

Only on completion TNT graduates can workout in the
Fitness Center during normal junior hours:

3:30 - 5:30 p.m., Monday - Friday

12:00 - 5:00 p.m., Saturday & Sunday

Call for your Elite Fitness Office
for the next available start date.

\$75 Group Training Program includes exercise plans
nutritional information & fun group workouts.

\$99 for three, one-on-one private sessions with a
TNT personal trainer.

Semi-private sessions also may be arranged at discounted
rate.

Brookfield
13825 W. Burleigh Rd.
262-786-0880

Mequon
11616 N. Pt Washington Rd.
262-241-4250

West Brookfield
600 N. Barker Rd.
262-786-3330

North Shore
5750 N. Glen Park Rd.
414-351-2900

