ALLOY TRAINING SCHEDULE

CBRC Hours
Monday-Friday: 4:00am-11:00pm
Saturday-Sunday: 7:00am-9:00pm

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am	Foundations	Afterburn	Foundations Small Group PT	Afterburn	INDUSTRIAL STRENGTH	
6:00am					Small Group PT	
8:00am		*LIVING STRONGER*		*LIVING STRONGER*	Afterburn	INDUSTRIAL STRENGTH
8:30am		Small Group PT		Small Group PT		Small Group PT
9:00am	Small Group PT					
9:15am					Foundations	Foundations
9:30am	Afterburn	Foundations	Small Group PT Afterburn	Foundations	Small Group PT	
5:15pm	Foundations		Foundations			
5:30pm				Small Group PT		
6:00pm		Foundations	Small Group PT			
6:30pm	Afterburn		INDUSTRIAL STRENGTH			

LIVING STRONGER, **Foundations**, Afterburn, & **INDUSTRIAL STRENGTH**: Are all held in the basketball court.

Please arrive 5 minutes prior to start as we do not accept any late participants.

Small Group PT: Are all held in the small group personal training studio upstairs by the racquetball courts.

Participants must reserve their spot online.

COLUMBIA BASIN RACQUET CLUB

ALLOY

September 9th -May 16th

ALLOY TRAINING PRICING

Club Hours
Monday-Friday: 4:00am-11:00pm
Saturday-Sunday: 7:00am-9:00pm

LIVING STRONGER, **Foundations**, Afterburn, & **INDUSTRIAL STRENGTH**:

Is our Team Training sessions. (6 or more people). A 6 month agreement includes 50% off a MYZONE heart rate belt.

12 month agreement does include a FREE MYZONE heart rate belt.

	3 Month	6 Month	12 Month
Cost Per Month	$64	$59	$54

Small Group PT: Is our smaller group personal training. (2-6 people).
A 6 month agreement includes 50% off a MYZONE heart rate belt.

12 month agreement does include a FREE MYZONE heart rate belt.

SMALL GROUP PT INCLUDES TEAM TRAINING

	3 Month	6 Month	12 Month
	Cost Per Month	*Cost Per Month*	*Cost Per Month*
Unlimited Small Group	$180	$169	$150
2 x Per Week Small Group	$125	$115	$104
1 x Per Week Small Group	$89	$80	$74

ALLOY™

COLUMBIA BASIN RACQUET CLUB