

ELMHURST THE FACTION SCHEDULE



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--------------------------------|--|--------------------------------|----------|----------------------------------|
| EARLY MORNING | | | | | | |
| | 6:00AM - 6:50AM FACTION FIGHT | | 6:00AM - 6:50AM HIIT | | | |
| 9:00AM - 9:50AM FACTION FUNCTION | | 9:00AM - 9:50AM HIIT | | 9:00AM - 9:50AM HIIT | | 10:00AM - 10:50AM HIIT |
| LUNCHTIME | | | | | | |
| EVENING | | | | | | |
| | 6:00PM - 6:50PM HIIT | 6:00PM - 6:50PM HIIT | 6:00PM - 6:50PM FACTION FUNCTION | | | |

THE FACTION: A FITNESS FORMULA CLUBS UPRISING

- Serious group workouts on the turf.
- Coaches that motivate and inspire.
- Real time performance feedback with a heart rate monitor.
- Progress tracking through monthly performance testing.
- Compete against others (and yourself) to perform at your best.

PERFORMANCE CENTER TRAINING POLICIES:

1. Must have a MYZONE strap to participate.
2. Please be on time for class.
3. Please stay for the full length of the class.
4. Please return all equipment to its proper storage area.
5. Please refrain from using perfume or chewing gum while exercising.
6. FFC reserves the right to make any changes to the schedule at any time.
7. Please inform the instructor of any medical conditions before class.

UNLIMITED WORKOUTS ONLY \$99/MONTH!

FFC.COM/FACTION