



GROUP CROSS TRAINING

WHAT IS GXT?

GXT is a 20 or 45-minute group personal training class designed to include:

- 1. Cardio
- 2. Strength
- 3. Muscle endurance
- 4. Core stability

GXT “sprint”: 20-minute full body workout. Arrive 15 minutes prior and post class for warm up and cool down. This class is designed for the person who has limited time. Do you normally walk into a club and say to yourself, “What am I going to do today?” and normally spend most of your workout doing all of the wrong things? Give us 20 minutes and you'll feel like your time has been well spent!

GXT: 45-minute full body workout. This class is designed to the person who walks into a club and says, “I want to turn off my mind and have someone train me”. Are you that person who has been working out for years and still looks and feels the same way? This is for you. Give us 45 minutes and you will be on your way to achieving your fitness goals!

HOW DOES THIS HELP ME?

GXT combines interval training in unique ways to help tone and define your body. Interval training is the best way for most to exercise, and burn calories.

IS THIS “GROUP EXERCISE” or “PERSONAL TRAINING”?

GXT is small group PERSONAL TRAINING and is generally more effective and intense than traditional group exercise.

HOW DO I GET STARTED? IT’S EASY!

Stop at the front desk and sign this Agreement to get started. Your first class is on us! **It’s only an additional \$20 per month for the whole monthly schedule of classes (regardless of how few or many classes you attend)**! This is incredible considering it is personal training! You will be billed an additional \$20/month on the same day as your regular monthly membership fee.

HOW DO I STOP? IT’S EASY!

Because you are NOT stopping your membership, but simply choosing to stop GXT, there are no “processing fees”. All we require is that we receive written mailed notification before the 15th of the month to stop the billing on the 15th of the next month. It’s that simple! As with all notices it is best to send it certified so we actually get it, but general mail is OK as well! Example: If you do not want to be billed Jan 15th we would need to receive this letter by Dec 14th.

LET’S DO IT!

All terms of your Membership Agreement are incorporated. **Please sign and print below and get started!**

MEMBER NAME:

Staff signature

Member signature

Date

Member print