

# 8 Week Team Training

Monday, June 11 – Sunday, August 5, 2018

Lindenhurst Health & Fitness Center



**BRIAN BALKAM**  
Tuesday & Thursday  
5:15 a.m.



**DANIELLE BUNTROCK**  
Tuesday  
8:30 a.m.



**SCOTT BRUGIONI**  
Mondays 5:15 a.m.  
Wednesdays 6:00 p.m.



**JOSH WATSON**  
Thursday  
8:30 a.m.

Challenge  
Yourself!

Each team will meet with their trainer for 60 minutes each session over 8 weeks.

For more information, contact Brian Balkam, Fitness Manager at 847.535.7621 or [bbalkam@nm.org](mailto:bbalkam@nm.org).

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