

8 Week Team Training

Monday, April 2 – Sunday, May 27, 2018

Lindenhurst Health & Fitness Center



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



DANIELLE BUNTROCK
Monday & Tuesday
8:30 a.m.



NIKKI BROOKS
Thursday
5:15 a.m.



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



JOSH WATSON
Thursday
8:30 a.m.

Sign up before Friday,
March 23 to receive

15%
OFF*

the 8 week price of \$150

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.

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