



WORKOUT with a ZOOM group
2 days a week:

M&W 6:30am David
T&TH 12:00pm Kama
T&TH 5:30pm DeAna

30 minute sessions

**Invite your relatives &
friends to join your group
from wherever they live!**

Join anytime!

Prorating available

**PLUS meet with your trainer for
2 - 30 minute one on one
sessions in the month!**

Virtual TRAINING



**Get your professional
grade workout
in your home.**

\$99/month
\$149/non-member

Sign up online or email training@sunoaks.com