

NEW

TRANSFORM YOUR LIMITS. IGNITE YOUR POTENTIAL.

# HPC IGNITE

## Adult Group Training Class

If you are interested in taking your health and fitness to the next level, let the CHRISTUS Human Performance Center be the spark that ignites your fitness journey.

HPC IGNITE is a 60-minute, HIIT (High-Intensity Interval Training) small group training class designed for weekend warriors, busy parents, and individuals of all fitness levels.

If you are looking to build strength, increase endurance, or reclaim control of your health, the CHRISTUS Human Performance Center is where driven individuals train with purpose!

♦ **Pricing Options:**

- Unlimited Package: \$89 per month
- All-In Package: \$120 per month

♦ **Days & Times:**

- Monday - Friday: 5:00am & 6:00pm
- Saturday: 7:00am & 8:00am

JOIN NOW



Call 903.606.8855  
Today!

**IGNITE Adult Group Training Classes include:**

- Classes are led by a Certified Personal Trainer (CPT)
- Programs are designed using the most up to date scientific training principles
- Training sessions are tailored to YOUR fitness level
- SMALL Group Training Classes (No more than 10 adults in each group)
- **FREE heart rate monitor** that connects to our state-of-the-art TECHNOGYM TEAMBEATS system



CHRISTUS®  
Human Performance Center

8591 South Broadway | Tyler, Texas | 75703  
903.606.8855

[www.CHRISTUShealth.org/hpc](http://www.CHRISTUShealth.org/hpc)

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## Adult Group Training Class

### Founding Member Package Breakdown

#### Unlimited:

- \$89 PER MONTH
- Unlimited high-energy group training sessions 6-days a week!
- FREE heart rate monitor that connects to our state-of-the-art TECHNOGYM TEAMBEATS system

#### All-In:

- \$120 PER MONTH
- Includes all perks from Unlimited Package
- 24-Hour Access to all 5 CHRISTUS Trinity Mother Frances Fitness Centers
  - Indoor Pool Access
  - Recovery & Flexibility Spaces
  - Extra training on your time - anytime!

*Rates will increase after the Founding Memberships have been met*

🔥 **MORE CLASS TIMES STARTING IN JUNE** 🔥



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