

#PIT together

Pit Together is designed for participants that are 65 and older. This specialized class meets on **T/Th, 1:45-2:30pm** in The PIT.

Our Goal

To help you move like you were designed to move. All so you can **train safely, intensely,** and **effectively**—for the best results of your life.

Our Commitment

The PIT offers the best functional training programs available to help you **reach your fitness potential**. We focus on functional and progressive movement that challenges the body and allows for adaptations **without risk of injury**.

Our Program

The THRIVE program in The PIT is 100 percent **personalized** for any age, fitness level, or goal and designed to **bring out the best** in every body, to help you **move better, feel better, and look better**.

Our Gym

When you walk into The PIT you won't see many machines. We don't rely on machines to make sure you're training correctly. Our coaches do that. We don't ignore you. **We train you.**

Schedule a FREE Pit Together Demo

Contact Jesse Hawkins, PIT Manager jesse@thepitbloomington 309.661.8611 ext 224

Rates

\$32/month for 1 session per week • \$64/month for 2 sessions per week



For more information contact:

Jesse Hawkins, PIT Manager
jesse@thepitbloomington 309.661.8611 ext 224

Jill Usiak, Fit Together/Senior Program Specialist
jill@4seasons-club.com 309.661.8611 ext 259

THEPITBLOOMINGTON.COM