



HOURS & PRICE SHEET

BOOT CAMP! OPEN COURSE TIMES! MEMBERSHIPS!

SIGN UP AT MINDBODYONLINE.COM with 'TNT ADVENTURE'
'LIKE' TNT ADVENTURE ON FACEBOOK & TWITTER for DEALS and UPDATES

UNLIMITED MONTHLY- \$30 OR 1x- \$12

OBSTACLE COURSE BOOT CAMP (CLASS). Ages 8+ recommended, accompanied by adult

- MON/WED-6:30PM – 7:30PM
- SATURDAYS-10:00AM –11:00AM

OPEN GYM:

We have a \$30/month UNLIMITED PASS available to those who would like to use the Open Course as their workout (class not included). **You must be oriented and have an Assumption of Risk form filed out at TNT Adventure (form located on [tntadventure website](http://tntadventure.com), also).** Email melissa@tntfr.com to sign up or call 920.539.4415. Text or email is required with each visit to be sure the course is available.

OPEN GYM TIMES:

- MON-FRIDAY – 7AM – 6PM
- SATURDAY-11:30am to 1pm
- SUNDAY-11am to 3pm

GROUPS/EVENTS:

- GROUPS ARE WELCOME BY PRIVATE APPOINTMENT. CALL 920.539.4415.

- OFFICE GROUPS
- SCHOOL GROUPS
- **ADVENTURE RACE TEAMS** or INDIVIDUAL COMPETITORS
- PUBLIC SAFETY PERSONNEL WHO REQUIRE SPECIFIC FITNESS LEVELS
- ARMY/NAVY/AIRFORCE/MARINES/NATIONAL GUARD/RESERVES
- BACHELOR OR BACHELORETTE PARTIES
- STUDENT ATHLETES & EVEN RETIRED ATHLETES!
- ANYONE LOOKING TO GET TO ANOTHER LEVEL OF FITNESS



TNT Adventure, LLC – Melissa A. Schmidt, M.S., RKC II (Russian Kettlebell Certified, Level II)

melissa@tntfr.com or 920.539.4415 for questions

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www.tntadventure.com / www.mindbodyonline.com