

AMP'd UP

Motivation. Education. Perspiration.

Join the Amp'd Up Revolution.

Amp'd Up is a dynamic, intense, highly addictive small group personal training powerhouse workout! Want to get out of your comfort zone, bust through plateaus, burn massive calories and be pushed harder than you would push on your own? Designed exclusively by Seacoast Sports Clubs fitness professionals, Amp'd Up is for anyone who wants to blow the roof of their current fitness routine.

SSC @ Downtown, Portsmouth, NH

SSC @ Great Bay, Newmarket, NH

SSC @ Greenleaf, Portsmouth, NH

SEACOAST SPORTS CLUBS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 am			Kelly @ GL		
9:15 am	Meg @ DT	Meg @ DT	Mike @ GB		Kelly @ GL
11:00 am		Lisa @ GB			
12:00 pm		Meg @ DT			
5:30 pm			Meg @ DT		

Amp'd Up Pricing: \$120 for six [6] consecutive workouts or \$150/month unlimited sessions.
See Member Service for more details and to sign up for Amp'd Up Sessions NOW!

* Present This Coupon For **THREE FREE Amp'd Up WORKOUTS.**



* One Coupon Per Person.