

THRIVE

TRAIN WITH PURPOSE

The Thoreau Club has partnered with **Mike Boyle**, one of the foremost experts in Strength and Conditioning to bring our members a safe, fun and effective fitness program.

All sessions take place in our private dedicated THRIVE Studio. All ages and fitness levels are welcome!



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
6:00 AM	8:30 AM	6:00 AM	8:30 AM	6:00 AM	8:30 AM
10:00 AM	5:30 PM	10:00 AM	5:30 PM	12:00 PM	10:00 AM
	6:30 PM	12:00 PM			

EMAIL CIOCI@THOREAU.COM TO SIGN UP FOR A SESSION

(*max of 6 participants)

**FOR QUESTIONS CONTACT BRIAN CIOCI
CIOCI@THOREAU.COM**