

# 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](mailto:CIOCI@THOREAU.COM) TO SIGN UP FOR A SESSION**

(\*max of 6 participants)

**FOR QUESTIONS CONTACT BRIAN CIOCI  
[CIOCI@THOREAU.COM](mailto:CIOCI@THOREAU.COM)**