

# UNITE

fitness

BOOK CLASSES ON:  
 MINDBODY®  
 APP OR DESKTOP



**YOUR NEW GOLDEN GROUP FITNESS GYM IS NOW OPEN! TRY US TO SEE AND FEEL REAL RESULTS.**

**FIRST CLASS IS FREE AND FIRST WEEK UNLIMITED FOR \$35.**

**Why Unite? → You Can Count on Us.**

**FROM MARA,  
GYM OWNER...**



"I've taken and taught so many class formats and styles in the past 20 years from Crossfit to franchise gyms to barre and Pilates and I always come back to high-intensity interval training. Unite brings together fresh, fun HIIT workouts that leave you exhilarated - never bored or defeated. Start your fitness journey here or come to Unite to push your body exceed all your goals. I am so excited to see you at Unite!" - Mara

**NEVER BORING.  
 NEVER THE SAME.  
 ALWAYS CHALLENGING.  
 GREAT MUSIC. FUN VIBES.  
 AND LEAVE YOU ENERGIZED.**

**UNITE IS.....**

- 50 minute workout
- Strength and cardio HIIT class formats
- Fun, welcoming coaches
- Fresh music that motivates
- Class times to fit your schedule

**WE HAVE  
930 AM  
AND  
NOON  
CLASSES!**



**Monday**  
 630 AM **BURN**  
 930 AM **BURN**  
 Noon **BUILD**  
 500 PM **BUILD**  
 630 PM **BUILD**

**Tuesday**  
 630 AM **BUILD**  
 500 PM **BURN**  
 630 PM **BURN**

**Wednesday**  
 630 AM **BUILD**  
 930 AM **BUILD**  
 Noon **BURN**  
 500 PM **BURN**  
 630 PM **BURN**

**Thursday**  
 630 AM **BURN**  
 500 PM **BUILD**  
 630 PM **BUILD**

**Friday**  
 630 AM **BURN**  
 930 AM **BURN**  
 Noon **BUILD**  
 500 PM **BUILD**

**Saturday**  
 930 AM **BURN**

**CLASS DESCRIPTIONS**

**BURN**

50-55 Minutes  
 Cardio + Stamina in fat-burning zone  
 70% cardio and 30% strength movements  
 Will use dumbbells, boxes, battle ropes, agility ladders, suspension trainers, slam balls or body weight

**BUILD**

50-55 Minutes  
 Options to use heavy or moderate weights  
 90% strength and 10% cardio movements  
 Will use dumbbells, kettlebells, resistance bands, boxes, slamballs, suspension trainers, or body weight



FOR PRICING AND MEMBERSHIP INFO:

<https://unite.fitness>

EMAIL US: [contact@unite.fitness](mailto:contact@unite.fitness)  
 CALL OR TEXT: (720) 672-9922

