



**THE HUB TRAINING CENTER WELCOMES ALL FITNESS LEVELS AND ABILITIES**

**Spin & Spin/Core**

60 Minutes	\$9
10 Pass	\$80
20 Pass	\$140

**CompuTrainer Class**

60 Minutes	\$15
10 Pass	\$130
20 Pass	\$240

**Core Strength or Sport Conditioning**

60 Minutes	\$9
10 Pass	\$80
20 Pass	\$140

**Yoga**

90 Minutes	\$15
10 Pass	\$130
20 Pass	\$240

**The Hub Sampler**

1 CompuTrainer Class, 1 Spin Class & 1 Core Strength Class	\$25
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**CompuTrainer Group Rental**

60 Minutes	\$100
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**Compu-Trainer** Bring your own bike and ride along side 7 others while watching your performance on the large screen in front of you. Gain valuable information from Chris Wherry as he runs you through each workout.

**Core Strength and Sport Conditioning** is an all over body workout geared to strengthen all of your muscle groups using weights, plyometric boxes, fitballs and balance discs.

**SpinCore** classes are 60 minutes and consist of 30 minutes of Spin and 30 minutes of Core.

**HP Yoga** is taught by Master Yoga Instructor Steve Ilg. These classes are guaranteed to get your practice jumpstarted! Rejuvenating mind, body and spirit class and Prop workouts give you a great balance.

**Coaching Packages** are available on many levels. Packages include a basic option to event training and professional training. Prices vary. Please contact us for more information.

**Physiological Testing** ~The Hub has teamed up with Quantified Performance to provide you with the most state of the art testing available. Prices and packages vary. Please contact us for more information.

**Class schedule and online registration available on our website: [www.thehubtraining.com](http://www.thehubtraining.com)**

**970-375-7744**

Open Monday-Friday 6am-7pm Saturday 8am-11am

489 Florida Road, Across from Chapman Hill