

# Total Fitness Training



Total Fitness Training is a fun workout for full body fitness.

It includes a combination of strength training, cardio work, and kickboxing using heavy bags, weights, bands, and other tools in combination with body weight exercises and/or circuit training.

## Rates and Schedule

### TFT Classes:

- Tuesday morning from 5:30 – 6:15 a.m.
- Tuesday evening from 7:00 – 8:00 p.m.
- Thursday evening from 7:00 – 8:00 p.m.
- Saturday morning from 8:00 – 9:00 a.m.

### Rates:

Purchase punch cards good for any Total Fitness class on our MPK MyStudio app\* – 10 classes per card for **\$130.00**.

Refer a friend to the program – They can try their first class free, and you'll get \$25.00 off your next punch card if they buy 2 punch cards or more!

### Class Registration:

Please register in advance for your classes so instructors can plan workouts. Register on the app or by scanning this QR code:



*\* Download the MPK MyStudio app from the App Store or Google Play store by searching for MPK Deforest. Use Studio Code 608-846-5111 (include the dashes), set up your account, and purchase punch cards or other MPK classes and gear easily whenever you want.*