



# SHRED 60

If you are interested in taking your health and fitness to the NEXT LEVEL, we are here for your journey!

## Programs & Pricing:

### FOUNDATION

*(4 Sessions Per Month = 1 time per week)*

- Monthly Fee \$55

### SELECT

*(8 Sessions Per Month = 2 times per week)*

- Monthly Fee \$95

### PEAK

*(Unlimited Sessions = 5 times per week)*

- Monthly Fee \$155

## Additional Charges:

**ADD A SESSION** *(Members Only)* \$15 per session

**NON-MEMBER DROP IN** \$25 per session

**HEART RATE MONITOR** \$75 *(One Time Fee)*

The CHRISTUS Human Performance Center (HPC) is a passion filled, purpose and results driven, performance enhancement center. We are here to help you take charge of your personal, professional, or athletic performance goals.

**SHRED 60** is a 60-minute, high-intensity, Heart Rate Training (HRT) program that combines workout variety, time efficiency, and fun in a single workout that is unlike any other trainer-led group training experience. Improve fitness, lose weight, and maximize performance in a heartbeat.

SHRED 60 is designed to help individuals of all fitness levels!

## What do you get with SHRED 60?

- 60-Minute High Intensity Training
- Use of TeamBeats & Heart Rate Monitor Tracking
- Monthly Body Composition Checks
- Free T-Shirt
- Classes led by Certified Strength & Conditioning Specialists

To schedule a class **TODAY**, contact the Human Performance Center at **903.606.8855**.

 **CHRISTUS**<sup>®</sup>  
Human Performance Center

[CHRISTUShealth.org/hpc](http://CHRISTUShealth.org/hpc)

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