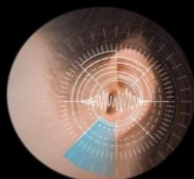
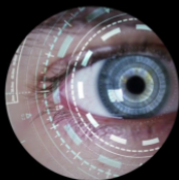




# NEURO TRAIN



**We focus on building strong,  
efficient movement while  
optimizing brain function.**

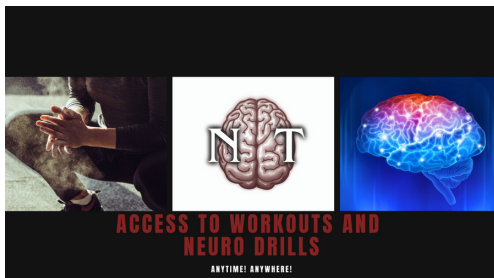


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For an 8 week Neurocentric  
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**Just \$24.99/month**



## **Small Group Class Schedule**

**Monday - 8am Integrated Movement, 9:15 am and 6:30 pm Strength and Movement Fluency**

**Tuesday - 6:30 pm Neuro Performance**

**Wednesday - 9:15 am and 6:30 pm Strength and Movement Fluency, 5:30 pm Nutrition and  
Metabolic Coaching**

**Thursday - 6:30 pm Neuro Performance**

**Friday - 8am Integrated Movement, 9:15 am Strength and Movement Fluency  
First Class Is Free!**

Go to <https://ineurotrain.com/personal-training-and-small-group>  
for more information on our classes