




UGX ADD-ON PACKAGE

Take your WTSC Fitness Membership to the next level with an Ultimate Group Exercise Add-On Package!

**JOIN WTSC'S MOST
POPULAR FITNESS
WORKOUT!**



508-366-1222 

wtsc.com 

fitness@wtsc.com 

WHAT IS UGX?

Ultimate Group Exercise, UGX, takes the best of various high-intensity, functional fitness programs and blends them together in a group inspired, heart pumping environment!

- Challenging circuit-type workout.
- Integrates strength and endurance training.
- Instructors will model all stations and show modifications.
- Fun and comraderie included!



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A UGX Add-On Package will grant you access to ALL UGX classes. Our new schedule offers 2-3 classes per day. Three classes a week will be open to all Fitness Members.

A purchase of a 3-month commitment of a UGX Add-On Package also includes a MyZone Wearable to track your workout experience! **MYZONE**

Contact Megan Sayre-Scibona, our Fitness Director at fitness@wtsc.com with questions or to enroll!



UGX Add-On Package: \$99/month (for Family, Individual or Couple Fitness Members). Auto-renews each month.




A UGX Add-On Package is included in **Personal Training, Small Group Training and/or Nutrition (CTL-Plus & 12 Week) Program** contracts.*

*If one family member is receiving a UGX Add-On under a program listed above, additional family members may buy into the UGX Add-On for \$50/month to match the membership level (family or couple).

SCHEDULE

Effective: Jan. 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	All Fitness Members 6:30-7:30 AM	Add-On UGX 8-9 AM	Add-On UGX 8-9 AM	Add-On UGX 8-9 AM	Add-On UGX 8-9 AM	Add-On UGX 8-9 AM
			Add-On UGX 9:15-10:15AM		Add-On UGX 9:15-10:15AM	Add-On UGX 9:15-10:15AM
Mid-Day	Add-On UGX 11:30 AM to 12:30 PM	Add-On UGX 11:30 AM to 12:30 PM				All Fitness Members 11-12 PM
Evening	Add-On UGX 5-6 PM	Add-On UGX 6-7 PM	Add-On UGX 5:30-6:30 PM	Add-On UGX 6-7 PM	All Fitness Members 5-6 PM	

UGX is lead by our awesome training team, with Michelle Furbush as our UGX Coordinator. Use the QR Code to learn about our Team!

