



Adult Group Training

Group training is a program that leverages the proven methodology and award-winning facilities of EXOS to revolutionize your life and transform how you perform, look, and feel each day. The EXOS system utilizes the integrated approach of mindset, nutrition, movement, and recovery that has helped power many of the best athletes in the world. Whether you want to increase your energy levels, or run your first 5K, lose 10 pounds, or just feel stronger, we can help you reach your goals.

Schedule:

Monday - Friday | 5:30 - 6:30 a.m.
Monday - Friday | 9 - 10 a.m.
Monday - Friday | 12 - 1 p.m.
Monday - Thursday | 5:30 - 6:30 p.m.
Saturday | 8 - 9 a.m.

To sign up, call 701.732.SPORT
altru.org/sport

 **Altru[®]**
**Advanced
Orthopedics**