



Workout Bandits™ uses a training method that is more natural to how your body works. It is called **Functional Movement Training** that engages nearly all 657 muscles in your body. All Routines use strategic FMT to awaken your inner athlete.

As you age, FMT becomes increasingly important in maintaining your highest level of fitness. Workout Bandits™ currently offers **20 unique Full-Body FMT Routines** that vary in their levels of intensity, from **2.5** (moderate) to **4.5** (not so moderate!)

The Workout Bandits™ Fitness Formula allows you to fully experience our proven **"From Start...to Fitness!™"** process.

## BANDIT MEMBER PASS

After you graduate Boot Camp, you become eligible to FIT **any Workout Bandits™ class** into your busy schedule! Available in 5 to 30 Routine Passes.

Purchase the number of PASSES you need per what your schedule allows!

**PASS is Good for any Routine!**



## BANDIT VISITOR CARD

**Try it!** Purchase a Bandit Visitor Card good for 5 or 10 visits to **any of our five popular routines!** These are full-body, functional movement training routines that include Karate, Pilates and Yoga. Improve your balance, coordination, stamina, muscle tone, flexibility and confidence! Oh, and besides being challenging, it's fun!

