



NEW FOR 2019: CES is joining forces with Orange Theory Fitness!

In order to become the BEST runner you can be, you need to address ALL aspects of training. We believe STRONGLY in the benefits of a COMPLETE training program, and that includes strength & stability through cross-training and functional strength training.

YOU'RE NOT ALONE

Just like CES, Orangetheory Fitness has awesome coaches, ready to guide you through an amazing, personalized workout to make sure you get the most out of your time and effort. Improve your core strength, stability and power. You'll be able to train harder, race faster and stay healthier this summer.

WHAT IS INCLUDED?

As a member of CES Spring Training, you're invited to take advantage of the following opportunities from CES/Orangetheory Fitness:

- Over 40 locations to choose from in Chicago and the surrounding suburbs!
 - Find the studio closest to you [HERE](#) (input your zip code in the search field): <https://www.orangetheoryfitness.com/service/directorylisting>
- **FREE** introductory class at Orangetheory Fitness (\$30 value)
- **EXCLUSIVE**, discounted membership rates (1/week or 2/week options)
 - **See rates on following page**
 - **DEADLINE FOR DISCOUNTED RATES: FRIDAY, MARCH 15, 2019**
- **FREE** Heart Rate monitor (\$76 value)
- **EXCLUSIVE**, CES-Only class each month for athletes that register for one of the OTF membership options (\$30 value)
- **Over \$150 Savings!**

HOW DO I GET STARTED?

Before you can get started, there are a few steps to take:

1. Find the studio closest to you [HERE](#)
2. **CALL** the studio at the number listed on that directory (**before** you visit the studio)
 - a. Let them know you're a registered member of Chicago Endurance Sports' Spring Training program
 - b. Sign up for
 - i. FREE Intro Class and/or
 - ii. Discounted monthly membership
3. Present a **printed copy** of your receipt from your CES Spring Training registration when you come in for your first visit, to prove your membership in CES Spring Training.
4. Get ready to change your running and fitness – working hard, having fun!

Questions?

Contact info@chicagoendurancesports.com



Discounted Membership Rates for CES Spring Training Members:

DEADLINE FOR DISCOUNTED RATES: FRIDAY, MARCH 15, 2019

City Studios-

- **Option 1.**
 - Basic membership \$99.00/month (1 class a week)
 - Free Core HR Monitor
 - Option to opt in to Free Private class for participants once a month at your studio. We would offer a list of studios that would host a Free Private class and allow the participants to sign up. (would follow an OTF Template Workout)

- **Option 2.**
 - Elite Corporate Membership \$129.00/month (2 class a week)
 - Free Core HR Monitor
 - Option to opt in to Free Private class for participants once a month at your studio. We would offer a list of studio that would host a Free Private class and allow the participants to sign up (would follow an OTF Template workout)

Suburban Studios-

- **Option 1.**
 - Basic Membership \$69.00/month (1 class a week)
 - Free Core HR Monitor
 - Option to opt in to Free Private class for participants once a month at your studio. We would offer a list of studio that would host a Free Private class and allow the participants to sign up (would follow an OTF Template workout)

- **Option 2.**
 - Elite Corporate Membership \$99.00/month (2 classes a week)
 - Free Core HR Monitor
 - Option to opt in to Free Private class for participants once a month at your studio. We would offer a list of studio that would host a Free Private class and allow the participants to sign up (would follow an OTF Template workout)