

# THE OUTDOOR *Combine*

A fitness experience like none other that Includes trail running, strong man, lumberjacking, functional fitness and ninja warrior all mixed Into an experience you will love. Beginner to experienced we will create a workout that will leave you smiling and sweaty!

## WAYS TO JOIN US



### *Private classes/Bootcamp*

Join one of our weekly classes for a full body workout filled with all of nature's variety. Or snag a spot In one of our 6 week boot camps for added challenge and accountability!



### *Youth Team Building*

Grab a group of kids (recommended 9/10 yr and older) and come join us for a fun team building adventure In the woods. Great for sports teams, group of friends, birthday parties, etc.



### *Corporate Team Building*

Take the office outdoors with a fun twist on team building and fitness for the whole crowd. Create healthy competition while strategizing the best way to get the job done!

**BOOK NOW**

📍 14908 Old County Road 79, Elk River, MN

📞 (763) 312-6102

🌐 [www.thecombinefitness.com](http://www.thecombinefitness.com)

📱 FB: The Combine

📷 IG: @the\_combine\_outdoor\_fitness



JIM



JENNA





# THE COMBINE

*Let me move...*

## YOUTH

Obstacle and physical races designed for age appropriate movement and challenges. Encourages the leaders to develop and teammates to work together through a wide range of fitness maneuvers

\$15 EACH

## BOOTCAMPS

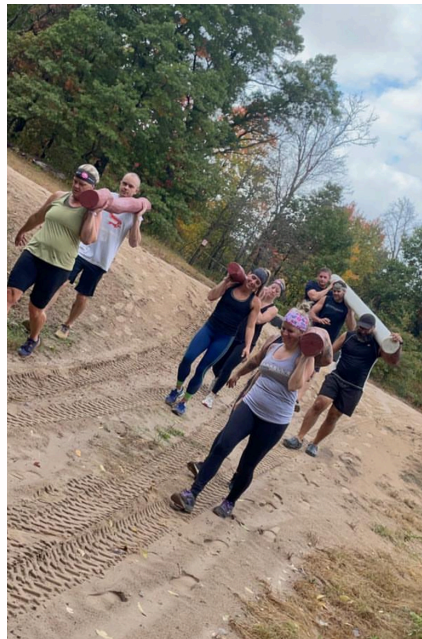
2 days a week for 6 weeks focusing on building strength and endurance through a wide range of movements and challenges all meeting the Individuals where they are at In their fitness capabilities

\$240/6 WEEKS

## PRIVATE

Team building exercises done throughout the course offering different challenges and competitions that encourage Individuals to work together. Designed to be fitness appropriate for all.

\$20 EACH



## OBSTACLES MAY INCLUDE:

Enjoy about a 1/2 mile run/walk into the woods to find this fun fitness playground that includes: sand bags, tires, atlas stones, balance log, log carry, wall and net climbs, tug-o-war, hammers, rucking, etc push/pull/lift/throw/jump/climb/balance/run/walk/hike