

On Your Mark Coaching + Training
Vital Juice
February 23, 2011

vital juice

Fitness

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Saturday Morning Special

 SEND
to a
FRIEND



You're invited to a fitness party at On Your Mark Training.

We never thought we'd compare our workouts to breakfast, but this weekend, we'll take our fit sessions like our eggs: scrambled, not over-easy.

Try it yourself this Saturday at On Your Mark Training's [Class Scramble Day](#), a free day of 25-minute signature class sessions plus a healthy lunch provided by the trainers at 12PM.

The West Loop studio will shake up your exercise with results-oriented multi-sport and endurance training such as F-Train, a functional training/movement class and SUPERBrick, a treadmill and cycling circuit workout. One of our favorite instructors, [Lois Miller](#), will be teaching calorie-burning Pilates fusion classes.

Start scrambling now with [this lower body sculpting move](#) from co-owner Emily Hutchins.

See the class schedule and reserve a spot [here](#).

Now, that's a healthy breakfast scramble.

Got a group fitness buddy? [Send her this email!](#)

Class Scramble Day at [On Your Mark Training](#), starts at 9AM on February 26, 1101 W. Monroe St., (312) 733-9330, [MAP](#)