



Human
Performance

PACE

Keep up the PACE.

Train like an athlete with this high-energy fusion of cardio and strength training.

When combined, these trainings improve your quality of life and level of fitness. Bringing these two together empowers us to improve our internal health and live longer, healthier lives. This format will push you to your limit and test your effort level every day.

For more information, please call 262-650-8000 or visit the Member Services desk.



**PROHEALTH WEST WOOD
HEALTH & FITNESS CENTER**