

# GRIT Training



## HOURS:

MON - THURS: 4:30 AM - 9 PM  
FRI: 4:30 AM - 8 PM  
SAT: 7 AM - 7 PM  
SUN: 11 AM - 5 PM

INDIVIDUAL, FAMILY,  
& CORPORATE  
MEMBERSHIP OPTIONS

YOUTH, ADULT, & TEAM  
TRAINING OPTIONS

BATTING CAGES FOR  
INDIVIDUAL  
OR TEAM RENTAL

601-487-2443  
@GRIT\_TRAINING\_MS

[WWW.GRIT-MS.COM](http://WWW.GRIT-MS.COM)

## AMENITIES

50 METER OLYMPIC-SIZED POOL  
6 COMPLETE OLYMPIC BAR CAGES  
6 FURNISHED BATTING CAGES  
LOCKER ROOMS  
SHOWERS  
INFRARED SAUNAS  
94' PROFESSIONAL GRADE  
SPRINTING TURF<sup>GRIT</sup>  
MEAL SERVICE  
PRO SHOP  
3 WEIGHT ROOMS  
CYCLING ROOM  
TREADMILL ROOM  
RECOVERY ROOM

## *Get Fit with GRIT*

### Regular Rates:

Individual - \$75 per month

Family - \$125 per month

### Flowood Chamber Discount Rates:

Individual - \$65 per month

Family - \$115 per month

**Businesses with more than 10 employees** - the more employee memberships, the higher the discount your business gets! Contact GRIT Training for more details.