



# GRIT TRAINING

REDEEM FOR 1 DAY FREE TRIAL

## PREMIERE AMENITIES

- ▶ 50m Olympic sized pool
- ▶ 94' sprinting turf
- ▶ Baseball/softball automated pitching machines
- ▶ 6 olympic weight racks
- ▶ Showers
- ▶ Indoor batting cages
- ▶ Pro shop
- ▶ 3 weight rooms
- ▶ Cycling room
- ▶ Treadmill room
- ▶ Recovery services
- ▶ Outdoor turf fields
- ▶ Indoor turf
- ▶ Basketball/volleyball court
- ▶ Personal training
- ▶ Group fitness classes
- ▶ Home of M Therapeutic Massage Therapy
- ▶ Home of Black Sails MMA
- ▶ Home of Mississippi Makos Swim Team

MEMBERSHIPS  
STARTING AT

**\$49<sup>.95</sup>**





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WEIGHT ROOM



INDOOR BATTING CAGES



OLYMPIC SIZE POOL



WEIGHT ROOM



INDOOR TURF



BASKETBALL / VOLLEYBALL COURT

(601) 487-2443

[grit-ms.com](http://grit-ms.com)

2625 Courthouse Circle  
Flowood, MS 39232

Monday - Friday 4:30am - 9pm

Saturday 7am - 7pm

Sunday 11am - 7pm

SCAN FOR MORE INFO:

