



Fitness Triathlon Testing Package



Certificate code: Sarahandrews

Directions on how to schedule your appointment:

1. go to www.thirdcoasttraining.com
2. go to "Book appointment" link
3. register with appointment scheduler (no-cost)
4. login after receiving password
5. select from Multisport menu
6. select "Fitness Triathlon Testing Package "
7. select a day and time that works for you
8. enter Certificate code
9. Book appointment
10. An email confirmation of the appointment will be sent to you.

If you have any questions feel free to call or email.

713.487.7708
Third Coast Training
johnny@thirdcoasttraining.com
www.thirdcoasttraining.com