



Affordable Personal Training Options

Group Personal Training:

1 Personal Trainer with a small group of 3-4 people who want to get fit or lose a little weight!!!

\$120 per person

4 Week program, Meet 2x Week = 8 Sessions

*That's only **\$15 per hour** to work with a Certified Personal Trainer*



Form a Group on your own at your own time slot or call us to sign up for one of these Groups:

Mon. & Wed.

9:00 AM

12:00 PM

5:30 PM



Tues. & Thurs.

5:30 PM

7:00 PM

8:00 PM

Sign up by **OCT. 6th** for one of these groups or form your own group

*First Come First Serve

*Sign up while slots are still open!

