



Small Group Personal Training

This group is for individuals who want the benefits of working with a personal training professional and enjoy the company of other avid exercisers. Small group training helps you lower the cost of personal training services; and since training sessions are limited to 6 clients, the personal trainer can still give the necessary attention of a private session. These training sessions will be challenging, invigorating circuits combining cardiovascular and functional strength training exercises. Class starts in the fitness center for a warm-up!

Pre-registration and a health/fitness history are required prior to attending your first group training session. Please pick up a packet from the front desk and turn in prior to Saturday.

Saturdays, Starting September 19th
8:00am - 9:00pm • Cost: \$25 per person

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