



Group Training Schedule

Winter 2012	Time	Monday	Tuesday	Wednesday	Thursday	Friday
	5:15am	Group PT				Group PT
	6:00am		Semi-Private		Semi-Private	
	12:00pm		Group PT		Group PT	
	4:30pm	Semi-Private		Semi-Private		
	5:30pm	Group PT	Group PT	Group PT	Group PT	

****New Class Times****
****Starting February 6th****

Group Personal Training- Unlimited \$30 per Month. This dynamic, functional movement 45 minute class is a can't miss program - a combination of Aerobic Exercise and Resistance Training. If you are looking for an intense workout to change the way you train, then Group Personal Training is for you!! Our Boot Camp style class is a great way to increase strength, boost aerobic capacity, improve flexibility, lose weight, and break through plateaus! We have high expectations for our participants and we go the extra mile to make sure that you will be successful!

Semi-Private Training-Unlimited Group and Semi-Private \$70 per Month. Personal training with 2 to 6 participant's features the workout of the day. The workouts are intended to work all major muscle groups while teaching proper technique and giving personal attention to each exercise and participant.

-3 Month Minimum Commitment-