

## SMALL GROUP TRAINING

Group training allows you to get many of the same benefits of personal training at a fraction of the cost. You can get the expertise of our trainers in a variety of ways and also learn new exercises to challenge your body! Join our FIT LAB and TRX Small Group Training to see why it's the fastest growing form of training!

**Demo Week:** Sept 12th - 17th

**Fall Session I:** Sept 19th - Oct 29th

**Fall Session II:** Oct 31st - Dec 17th

\*No classes Nov 21st- 26th (Thanksgiving week)

\*No classes Dec 19th- 31st (Christmas week)

**6 Weeks - \$ 90(\$15/class) or**

**12 Weeks - \$156 (\$13/class)**

**10 Class Punch Card - \$199**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6a Body Weight H.I.I.T Kyle			6a Fit and Functional TRX Sandy	
8a TRX FLO Jessica		8a Barbell Basics Erin		8a Golfer's Strength Kyle
9a TRX Strength Priscilla		9a Pure TRX Ian	9a ROW CORE Sandy	9a TRX Warrior Michelle
	10:30a Iron Combat Brad		10:30a Iron Combat Brad	10a TRX Boomers Kyle
	11a Senior Strength Heather	11a MamaFIT Priscilla	11a Total Care Kyle	10:15a Power F.I.I.T Priscilla
12p Lunch Club Jake	12p Strength Intervals Jessica	12p Lunch Club Michelle/Jessica	12p Metabolic Circuits Jessica	12p Lunch Club Kyle
			5p 'Train Like A Trainer' Heather	
5:30p Tough Mudder Training Ian				

For information contact: Jake Salzman, Personal Training Director  
or Priscilla Peterson, TRX Director

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