

PRINCETON CLUB

#FORABETTER TOMORROW

Small Group Personal Training

10 Class Punch Card \$199

20 Class Punch Card \$299 *Best Value!*

Monday

Tuesday

Wednesday

Thursday

Friday

APEX 9:30am Corey			APEX 10am Corey	
		Ulti-Skills 6pm Josh		



SCAN HERE TO GET STARTED!



Contact: Personal Training Director
Corey Nelson, cnelson@princetonclub.net
Princeton Club Fitchburg
(608) 441-7000



Class Descriptions

Peak: The Peak of your day. Apex utilizes barbells, kettlebells, TRX and other equipment some may find difficult to access or learn about. No class is ever the same, but every class is intense and challenging! With a small group setting, APEX emphasizes form and coaching that is specific to your goals and needs.

UltiSKILLS: Each session will focus on enhancing your movements for Ultimate Frisbee or any other field sport. UltiSkills utilizes a combination of footwork drills, agility training, power, and conditioning with a focus to improve performance on the field.

Small Group Training gives you many of the same benefits of Personal Training at a fraction of the cost. You will get the expertise of our Personal Trainers in our state of the art training room! Join our Small Group Training classes now and see why it's the fastest growing form of training!



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