

*Are you tired of the same old workout?*

*TRY OUR NEW*

# **Group Personal Training**

**Groups of 2-4 people • 30-minute Sessions • Only \$25 per session**

**EXTREMELY AFFORDABLE AND FUN!!**

## **Benefits Include:**

- ◆ Target specific muscle groups
- ◆ Gain muscular strength and endurance
- ◆ Workout with a Certified Personal Trainer
- ◆ Workout with friends— Stay motivated and Inspired
- ◆ Meet club members with similar fitness goals



For more information:

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