

SMALL GROUP TRAINING

2012 MAY SCHEDULE



THE PROGRAM

SMALL GROUPS: We'll match you up with a group of 3-8 women, and because the group is small, you'll get the attention you need to succeed.

CUSTOM WORKOUTS: Each training session is unique and tailored specifically to group based on personal preferences and fitness levels.

GET RESULTS: Whatever your goals - weight loss, tone up, increased strength and endurance - your trainer will keep your group focused and help you get results faster.

FUN & MOTIVATING: You'll make new friends and will be inspired by your group's energy.

AFFORDABLE: There is simply no more affordable way to receive accountability, motivation, support and expert guidance while reaching your fitness goals!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div style="border: 1px solid black; padding: 5px; text-align: center;"> 9:00 AM Outdoor Training Rene </div>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> 9:30 AM Group Training Donna </div>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> 9:30 AM Group Training Donna </div>		<div style="border: 1px solid black; padding: 5px; text-align: center;"> 10:15 AM Group Training Donna </div>
			<div style="border: 1px solid black; padding: 5px; text-align: center;"> 5:30 PM Circuit Training Patti </div>		

*Small Group Training classes with less than three participants will be subject to cancellation at the end of each month.

FEES: Group Training can be purchased through monthly service plans or "A La Carte".

Small Group Training Class Descriptions

CIRCUIT TRAINING: Build your endurance and burn calories with this group workout that will keep you moving with various levels of intensity.

GROUP TRAINING: Target all muscle groups in this class while using a variety of equipment designed to strengthen and motivate you.

OUTDOOR TRAINING- 45 Minutes of cardio intervals outdoors, including running, sprints, lunges, etc. There will be an outdoor waiver to sign.