SMALL GROUP, BIG RESULTS



NEW CLASSES FOR BEGINNERS

- Join a group of people who want to live a life of health & wellness
- Meant for people new to personal training
- Reduce stress & health risks
- Personal training that is designed to fit your budget



Beginner Class Times

Monday

6:30 - 7:30 PM

Tuesday

10:30 - 11:30 AM

Thursday

10:30 - 11:30 AM

6:30 - 7:30 PM

\$20/class or \$165/pack of 10 (members) \$24/\$195 (non-members) Classes subject to change.

Classes require a minimum number of 3 participants to run.

If unable to attend after registering, please provide at least a 24 hour notice of cancellation to avoid being charged.

Please use package within 3 months of purchase date.



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