



## **Private Personal Training**

- » Train with a qualified professional one-on-one to create a workout program designed specifically for you.

## **Group Personal Training**

- » Train with a qualified professional and gain support from others in your group while your are saving money!

**Personal Training utilizes the latest Functional Training and Circuit Equipment, Sport-Specific DAP Exercises, TRX and InBody Body Composition Analysis to help you build a program designed to achieve your personal goals. You may book a private (or group) personal training session at the Front Desk by calling (831) 688-1993.**