



Group Personal Training

- » Train with a professional, gain support from others and save on rates!
- » Use of Studio 2 and Studio 3 TRX and Functional Training Equipment
- » Form your own group of 4 or more and book with one of our trainers.
- » Or sign up for any of our 1 hour drop-in classes which are held on Tue/Thur 10:30am, Wed 12noon, Sat 8am. The Drop-in Rate for February is FREE.

Why do Group Personal Training? Group Personal Training provides a great support system, creates a sense of accountability, it's fun to workout with others, and it saves on personal training rates! Sign up at the Front Desk for any of our Group Personal Training or contact Kelly at kvantress@sbcglobal.net