



Group Personal Training

- » Train with a professional, gain support from others and save on rates!
- » Use Studio 3 TRX and Functional Training Equipment
- » Form your own group of 4 or more and book with one of our trainers.

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! You may book a group (or private) personal training session at the Front Desk by calling (831) 688-1993.