

# SMALL GROUP TRAINING

Our small group personal training classes provide the best of both worlds: **the expertise of a personal trainer and the camaraderie of a group!** Your first class is always FREE! Stop by the Personal Training Studio or visit the Service Desk to sign up for a class.

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5:00 - 6:00 a.m.	Elevate MOVE	Elevate MAX		Elevate MOVE Elevate MAX
6:00 - 7:00 a.m.		Elevate MOVE		Elevate MOVE
9:00 - 10:00 a.m.	Elevate MAX	Elevate MOVE	Elevate MAX	Elevate MOVE
9:30 - 10:30 a.m.		Booty Camp		Booty Camp
10:30 - 11:30 a.m.	Total Body Bosu		Total Body Bosu	
1:00 - 2:00 p.m.	Elevate MOVE		Elevate MOVE	
4:30 - 5:30 p.m.		P.A.C		P.A.C
5:00 - 6:00 p.m.	Elevate MOVE	Elevate MAX	Elevate MOVE	Elevate MAX
6:00 - 7:00 p.m.	Barbell Basics		Barbell Basics	

Monthly Fee:

**Members: \$89 + tax**

**Non-members: \$119 + tax**

Your first class is **FREE!**

Join in anytime!

**Each class is limited to 8 participants**

