

Small Group Personal Training



60 Minutes of Personal Training with a small group of 2-4 members.

Cardio, Flexibility and Strength Training.

Thursdays 6:00 pm OR

Saturdays at Noon

Fall 1 Session (7 Sessions)

September 13 – October 30

**Full Facility Members Only
\$105 for all 7 sessions**

Registration Required – sign up for one day per week- either Thursday or Saturday workouts.

Register online or at front desk.