

# Personalized Group Training



- *Training in a group is proven to significantly increase your results!*
- *Personalized Group Training offers you an opportunity to have the benefit of training within a group while using your own personalized program!*
- *Don't wait until the New Year to get in GREAT SHAPE!*

## Groups will begin the week after Thanksgiving!

- 45 minute Training Sessions
- Minimum of two participants to run session
- No minimum # of sessions per week
- Training times each week:

| Monday: | Tuesday: | Wednesday: | Thursday: | Friday: | Saturday: |
|---------|----------|------------|-----------|---------|-----------|
|         | 8:30 am  |            |           | 8:30 am | 9:30 am   |
| 5:30 pm | 5:30 pm  |            | 5:30 pm   |         |           |

*Groups will be limited to 4 people  
and will be sold in 12-session packages.*

**Members - \$450**

**Non-Members - \$550**

**Don't hesitate! Pick up a Registration Form at the  
Front Desk or Fitness Desk.**

**Contact Mike [Belanger@mbelangerjr@gmail.com](mailto:Belanger@mbelangerjr@gmail.com)  
for additional information.**