

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	Friday
5:00 - 6:00 a.m.	Elevate MOVE	Elevate MAX		Elevate MOVE Elevate MAX	
9:00 - 10:00 a.m.		Elevate MOVE		Elevate MOVE	
9:30 - 10:30 a.m.	Elevate MAX	Bombshell Boot Camp	Elevate MAX	Bombshell Boot Camp	Freestyle Friday
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 Cost:

Members: \$89 + tax

Non-Members: \$119 + tax

Learn more about our classes:



Effective 11/8/2024