

# Group Exercise Just Got Personal

INTRODUCING

## GROUP PERSONAL TRAINING

### Body Shaping Circuit Course Training

Less like Boot Camp or Group Exercise, and more like Group Personal Training.

I will be training up to 6 people together, Using State Of The Art Gym Equipment

*If you are the only one to show up at a training session, then you get personal training, at a fraction of the cost.*

### There is one catch

Space is limited and you have to commit to specific times and days

Use the calendar to see if your days and times are available, then reserve your class, time slots may fill up fast.

*(Everyone gets an assessment and we keep track of your progress, you decide on a goal and we try to reach your fitness goal.)*

### This is the best value for you dollar

This type of circuit course training, is one of the most effect ways to reshape your body and reach your fitness goals fast.

**What Are You Waiting For?**

**Start Today!**

### Group Personal Training Schedule

