

SMALL GROUP TRAINING

MON	TUE	WED	THU	FRI	SAT
10:30 - 11:10am Mel Z	5:30 - 6:30pm Amanda L	10:30 - 11:10am Mel Z	9:30 - 10:30am Donna		

#Buddy System

We work our entire body. We track our progress. We push each other.

Small Group Training involves custom workouts that are tailored specifically to your group. Using the industry's most effective methods and specialty equipment, this is an affordable and fun way to achieve fast results. Plus receive motivation, support, and expert guidance during your 60 minute group session. Monthly plans & packages available. Talk to a Program Advisor for more info.

