

GROUP PERSONAL TRAINING

Monday:	6am, 7am, 9am, 12noon, 5:30pm
Tuesday:	4:15pm
Wednesday:	6am, 7am, 9am, 12noon, 5:30pm
Thursday:	4:15pm
Friday:	6am, 7am, 9am, 11:00am
Saturday:	10am

Please try to attend regular training times. If you want to train at a time other than your designated time slot, please call to verify space availability. Our goal is to provide one trainer for every 5-8 participants. This ratio will provide the safest, most efficient, and the most fun workout atmosphere.

If training times are not conducive to your schedule, more time slots can be added. A minimum of 5 participants is needed to begin a new training group.

It takes a minimum of 3-6 months to create healthy habits and to see and feel significant results. Making a 3 month commitment to group personal training will begin your journey towards a healthier and happier lifestyle.

Group training participants have 3 options for payment. If they make a 3 month commitment the price per month is \$150 training 2 days per week, and \$215 training 3 days per week. They have the following options:

- 1. Pay in advance for 3 months.**
- 2. Automatic draft out of their checking account on the 1st or the 15th of the month.**
- 3. Pre-pay for 10 sessions at \$25 per session and have the flexibility to come whenever they want within a 3 month time span. These participants will need to purchase a \$25 per month gym membership.**

Clients will have the opportunity to utilize the gym 7 days per week, from 5:30am until 11pm including holidays! (If several sessions are going to be missed due to weddings, funerals, sickness, or work overload, participants have the length of their training membership to make sessions up or give their missed sessions to a friend or family member.

Thank you for taking responsibility for your health. Please refer your friends and family to Personal Best Fitness and receive FREE services.