



Small Group Personal Training



**5 groups to choose from
for WINTER SESSION!!**

**STARTING week of
FEBRUARY 5th!**

Monday's 7pm w/Billie
(intermediate level)

Wednesday's 7pm w/Paula
(geared towards beginners)

Thursday's 7:45pm w/Paula
(advanced level with less
nutritional coaching & emphasis
on high intensity interval training)

Saturday's 9am w/Billie
(intermediate level)

Saturday's 9am w/Angela
(intermediate level)

**7 week SMALL GROUP PERSONAL
TRAINING!**

Cost = \$175 for 7 weeks
*Cost includes: personal training
and wellness coaching in each of
the 7 visits as well as circuit
training!*

*Scientifically based results!
Proven results!*

****Perfect for those looking to add strength training and/or personal training to their normal routines!!**

****We provide a prescribed exercise plan, education, driven results resulting from optimum nutritional guidelines-
unlike no other!!**

****Intimidated by personal training AND/OR wellness coaching, fear no more, we ALL are #bettertogether so enjoy
doing ALL of this in a SMALL group setting!**

**VISIT OUR WEBSITE TO SIGN UP
WWW.GETFITPHYSICALLY.COM**

**Click 'Book a Class now' then once inside the retail store to the 'events' tab and
purchase a group!**