



Small Group Personal Training



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

**STARTING week of
NOVEMBER 6th!**

Monday's 7pm w/Billie
(perfect for a mix of fitness levels)

Monday's 7pm w/Angela
(perfect for a mix of fitness levels)

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

Thursday's 7pm w/Paula
(geared for the advanced)

Saturday's 8:30am w/Billie
(perfect for a mix of fitness levels)

**7 week SMALL GROUP PERSONAL
TRAINING!**

Cost = \$175 for 7 weeks
*Cost includes: personal training
and wellness coaching in each of
the 7 visits; 30 minute wellness
visit & 60 minute 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 OUT 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!**