

grouPTraining 45

The Basics

- All classes will be 45-minutes in length.
- Classes will have a maximum participation of 12 people.
- If attendance drops below 5 for two consecutive weeks, it may be temporarily removed from the schedule.
- Participants can sign-up online up to one week prior.
- Payment for the class will be required at the time of sign-up (either online or in-house).
- If the participant cancels less than 24-hours in advance of the class, they will be charged.
- All classes are appropriate for ALL LEVELS! We will show modifications and progressions based on specific fitness levels.
- All sessions/packages expire 4-months after the date of purchase.
- Enrollment will be done online. Drop-ins who have purchased a package can sign in for a session on the PT desk laptop (the one used for class check-ins) but if participants have not purchased a package, they must pay and then be signed in by a trainer or front desk staff person.

The Sessions

TRX45-Make your body your machine! This class will incorporate TRX suspension training, functional equipment & cardio for a fat-blasting, all over sculpting workout!

XFIT45-Using ropes, kettlebells, BOSU, bands and tires, this intense class brings the best drills for improving endurance, cardiovascular fitness & muscular strength.

BOX45-Learn to slip, block, duck and throw bunches of punches, to move with grace, speed and power. A challenging, enjoyable alternative training program! (gloves and wraps included)

The Pricing

MEMBER:

- 1 session: \$17.50
- 10 sessions: \$150.00 (\$15/session)
- 20 sessions: \$250.00 (\$12.50/session)

NON-MEMBER:

- 1 session: \$20.00
- 10 sessions: \$175.00 (\$17.50/session)
- 20 sessions: \$300 (\$15/session)

The Rationale

- Convenience! **grouPTraining 45** provides an amazing workout at a variety of times and with different trainers.
- Affordability! Classes are about 1/3 the cost of a PT session, to give an option to our members who are on limited budgets but want to experience great results.
- Fun! Studies show that exercisers who workout in a group have higher adherence rates, less depression, and achieve goals faster.