

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.
- All classes are appropriate for ALL LEVELS! We will show modifications and progressions based on specific fitness levels.
- **Classes must be pre-paid.**
- Classes may be purchased in-house or through www.bodybofitness.com.
- Participants can sign-up online up to one week in advance.
- Drop-ins are welcome if there are openings in a class. Drop-ins who have purchased a package can sign in for a session on the PT desk laptop (the one used for group fitness check-ins).
- Drop-ins who have NOT pre-paid must first purchase that class or a package and then be manually signed in by a Body Boutique staff member.
- If the participant cancels less than 24 hours in advance of the class, she will be charged.
- All sessions/packages expire four months after the date of purchase.

The Sessions

TRX45-Make your body your machine! Utilizing your own body weight, our trainers will challenge the group through a series of exercises that build strength, endurance, balance, coordination, flexibility, power, and core stability. We will use TRX suspension trainers, functional equipment & cardio intervals 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)

SAVE 20% on GrouPTraining 45 sessions through February 12!

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 work out in a group have higher adherence rates, less depression, and achieve goals faster.