

# GROUP FITNESS PERSONAL TRAINING



- MELT
- PILATES
- YOGA
- TRX
- CYCLING
- SPRINT
- GRIT
- PUMP
- COMBAT
- WATER EX
- ZUMBA
- Customized  
(Your choice)

Meet with an instructor  
one-on-one before attending  
and let us help you feel  
comfortable and successful  
in Group Fitness classes

## PRICES

### One-on-One

Time	Member	Non-member
30 min	\$30	\$40
45 min	\$40	\$50
60 min	\$50	\$60

### Group (2-8 people) Price per person

Time	Member	Non-Member
30 min	\$15	\$20
45 min	\$20	\$25
60 min	\$25	\$30

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