



SMALL GROUP TRAINING

PERSONALIZED TRAINING / GROUP FITNESS HYBRID

Small Group Training is an effective, high quality workout that is focused on skill development, motivation and enhanced fitness at a very affordable cost. Join our certified personal trainers and 4-8 fellow participants in an 8 week program designed to challenge, and gradually advance a specific fitness skill or goal. Enjoy more personalized instruction, with a group that is more intimate, and goal-oriented.

CREATE YOUR OWN SMALL GROUP

Can't make it to one of our regularly scheduled small group fitness sessions? Have a small group that would like to workout together? We only need a minimum of four people (8 max) to customize your personal small group fitness training.

FITNESS LEVELS

It is recommended that individuals who are brand new to exercise, or who struggle with the most basic exercises, like squats, lunges and/or push-ups, work with a personal trainer one-on-one for at least 3 sessions to work on basic form and technique before starting a small group training program. Ultimately, your health and safety is our number one priority and we want to recommend the appropriate training program for you.

COST

SESSIONS	HOURLY	TOTAL
6	\$30.00	\$180.00
12	\$27.50	\$330.00
24	\$25.00	\$600.00

For more information
contact **Josh Vrondran**
773.770.2441

PT360@LakeshoreSF.com