



Date: September 10, 2007

Group Training Schedule

Our group training sessions are for those individuals who enjoy working out with others but who are serious about reaching their goals. Group Training consists of no more than six participants which allows our trainers to give you the personal attention you need. Results are guaranteed!

All Sessions are 45 minutes long and can be purchased in quantities of 1 month, 3 months or 6 months.

MWF 5AM PILATES FUSION

MWF 6AM GROUP PERSONAL TRAINING (BOOT CAMP STYLE)

MWF 10AM GROUP PERSONAL TRAINING (BOOT CAMP STYLE)

MWF 7PM EXTREME BOXING

T'TH 5AM GROUP PERSONAL TRAINING (BOOT CAMP STYLE)

T'TH 12PM GROUP PERSONAL TRAINING (BOOT CAMP STYLE)

T'TH 5PM GROUP PERSONAL TRAINING (BOOT CAMP STYLE)

It's Your Body. Do It Your Way!

1525 Pointer Ridge Place
Suite 200
Bowie, MD 20716

Phone: 301-249-1814
Fax: 301-249-5765