



# Small Group Training

CLUB ONE FITNESS

Tuesdays at 6am

Wednesdays at 5:15pm **New Class!**

Saturdays at 9:15am



## Suspension Training

Make your body your machine.

**2012 Training Sessions  
start 1/17!**

\$10 Training Fee

Pay at the front desk before class.

Bring receipt and meet at the Fitness Desk.

45 min. Training Sessions



**"Get the benefits of personal training in a small group format!"**