

# About Small Group Personal Training Programs

Small group personal training provides clients with the opportunity to train with 1-3 other likeminded individuals in the pursuit losing weight, building muscle, and ultimately achieving more overall fitness. Small group training serves as a means to gain support, encouragement, and accountability from others. This program is best fit for friends, family members, spouses, or partners who want to train together.

## **Packages**

*Transformation:* 4-5 sessions each week; 16 total sessions each month -\$800

*Lifestyle:* 2-3 sessions each week; 8-12 total sessions each month -\$720