



PRIVATE GROUP TRAINING SESSIONS

WITH... CARLOS!

Are you at a plateau? Looking for a new and challenging way to take you to that next level?

Join Carlos Arias for PRIVATE GROUP TRAINING SESSIONS.

With a minimum of 4 students per session you will receive maximum focus and guidance for an optimal hour-long workout! Carlos will use a variety of exercises and equipment to help you get the results you want safely and effectively!

Private Group Training Sessions are offered:

Tuesdays: 7:40pm–8:40pm

Thursdays: 5:30pm – 6:30pm
6:30pm–7:30pm

Fridays: 6:40pm–7:40pm

*New
Session
Starts
Oct 15th*

10 SESSION PACKAGE

- *Member Cost: \$290.00*
 - *Non Member Cost: \$390.00*
- (\$29 a session with a 10 Session Commitment)*

Sign up at the front desk today!

