

Train with the Trainers

Personal Trainers provide the workout design and exercise instruction while completing the workout with you, side by side. Our philosophy is to lead by example. Watch as each set is performed with proper form - then follow their lead! After each set the trainers will offer a critique to ensure that each participant is getting the most out of the workout! Program routines vary from month to month and can include: Full body routines, body part isolation (ex: chest exercises only), and plyometric routines. So come on out and lift with our trainers!

No Charge - Included with Membership!

**11:00 a.m. every 3rd Saturday of the month
Deer Path Free Weight Room**

2011 Sessions

September 17

October 15

November 19

December 17

