

# What is Small Group Training?

Small group training presents the opportunity for people to experience the benefits of the creativity and motivation of a trainer while lowering the cost when compared to a private session. It is estimated that 26% of gym users engage in small group training.

Typically limited to 4-6 participants, the workout will be fun, but still small enough to allow the instructor (Certified Trainer) to focus on individuals to correct and supervise their movements.

Most small groups meet twice a week for 4 week sessions. Phone 727-367-0075 for more information or to register for the next class.

At FFL we have two small group training sessions:

## **TRX, CORE & MORE**

Meets Tues 11:00am - Noon & Thurs Noon – 1:00pm with Randi

A good workout for the whole body from the beginner to the advanced, this class combines TRX, Bosu Balls, Pilates exercises and more to provide a full body workout. \$110 for 8 sessions

## **WOMEN ON WEIGHTS**

Meets Mon/Wed from 11:00am - Noon with Randi

A great way to get started with a weight training program by learning proper safety and training techniques, as well as how to make the most of your program. This class will incorporate free weights, cable pulleys, and machines. \$110 for 8 sessions