



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# IMPROVE TOGETHER

## Group Personal Training

Get the expertise of a Certified Personal Trainer with the fun and motivation of your friends— all at a special discount rate!!

**THE MORE FRIENDS IN YOUR GROUP,  
 THE MORE YOU SAVE!!**

**GROUP TRAINING = BIG DISCOUNTS!**  
 When 4 people purchase 5 Group Sessions, they pay only \$13.75 per session!

*Each Group Training package includes:*

- One InBody scan per person
- Fitness consultation
- Individual goal setting
- Hour long training sessions



*See reverse for session options* →

### PARTNER AND GROUP TRAINING RATES

	PAIR	GROUP OF 3	GROUP OF 4+
3 SESSIONS	\$150	\$160	\$180
5 SESSIONS	\$210	\$235	\$275
10 SESSIONS	\$370	\$435	\$485
15 SESSIONS	\$535	\$605	\$675

Rocky Mount  
 235 Technology Dr.  
 Rocky Mount, VA 24151  
 (540)489-9622

Smith Mountain Lake  
 293 FirstWatch Drive  
 Moneta, VA 24121  
 (540)721-9622

Ferrum  
 333 Wiley Dr.  
 Ferrum, VA 24088  
 (540)365-9622

## **MEET OUR TRAINERS:**

**Lucy Kirkpatrick**– IFTA CPT, Senior Fitness Specialist

**Victoria Bruce**– NASM CPT

**Randy Simpson**– MS, NASM CPT, MMA Conditioning Specialist

**Each Group Personal Training Session includes a comprehensive warm up, flexibility, and cool-down component, with individualized attention and Coaching by a Certified Personal Trainer!**

**Introductory and advanced options are available for all packages:**

### **Suspension Trainer**

*Get a full body workout with our TRX suspension trainers, using circuits of progressively challenging pushup, pull up/eow, squat, lunge and core exercise variations, modifiable for any ability level!*

### **Kettlebell Hour of Power**

*Develop strength and endurance and burn serious calories with the fundamental kettlebell lifts– Goblet Squat, Press, Get up, and the “king of exercises”, the Swing. Perfect for learning or improving!*

### **Short Circuit**

*Stay moving with high intensity circuits of medicine ball, calisthenics, jump rope, battle rope, kettlebells, to hit it from every angle!*

### **MA Training Camp**

*Develop your speed, stamina, coordination and strength with 45 minutes of boxing and martial arts technique combos and pad work, drills and conditioning and in timed rounds.*

***Athletic Performance and Custom Activity-Specific program packages are also available!***