



## SMALL GROUP TRAINING



**AFFORDABLE!  
FUN EXCITING  
ATMOSPHERE!**

**CONVENIENT CLASS  
TIMES AVAILABLE!**

*See a Fitness Consultant for  
more details.*

Fishkill, 982 Main Street • 896-3300  
Newburgh, 15 Racquet Road, Rte 17K • 564-7500  
Lagrange, 258 Titusville Road • 463-4800

## ABOUT SMALL GROUP TRAINING

Small  
Group  
Training is a  
motivating  
class that  
offers per-  
sonal train-



ing at an affordable price. Come work out  
with 2-5 people in a fun and exciting  
atmosphere of camaraderie and specialized  
training routines. A limited number of par-  
ticipants in each group ensures you'll get  
hands-on attention from a trainer. The spe-  
cialized exercises offered in Small Group  
Training will not only be fun but will get  
you in the best shape of your life!

**FREE DEMO  
CLASS**

**SMALL GROUP  
TRAINING**

ISSUED TO: \_\_\_\_\_

COMPLIMENTS OF: \_\_\_\_\_

DATE ISSUED: \_\_\_\_\_ VALID UNTIL: \_\_\_\_\_

\*One per person. Expires 10/31/09.

**SEE A FITNESS CONSULTANT FOR MORE INFO.**