

Group Personal Training For Adults

Team

Work hard... have fun!



Training

October Groups Forming NOW

CHOOSE:

Once, Twice or Three Times A Week!

Next 6-week Term starts the week of Oct. 22

Mon	Tues	Wed	Thurs	Fri	Sat
5:45 am		5:45 am			
			7:30 am		
8:30 am		8:30 am		8:30 am	10 am
	3:30 pm				
6:00 pm		6:00 pm	6:00 pm		

45 - minute Strength & Metabolic Sessions

Membership & experience not required. Optional measurements at start & finish. Make-ups allowed within the term.

We encourage everyone to go at their own pace, but each week try to push yourself to lift a little more than you did the week before. Unsure if this is right for you? Ask about our trial!

Min. of 3/time slot to form the group.

Times not suitable for you? Let us know what you would prefer!

YANG'S
FITNESS CENTER

Registration info on the other side.

5 Dundee Park ~ Andover ~ 978.475.2020 ~ www.YangsFitness.com