

Group Personal Training For Adults

Team

*Work hard...
have fun!*



Training

Fall Sessions Forming NOW

CHOOSE:
Once, Twice or
Three Times A Week!

Session One starts Sept. 10
Session Two starts Oct. 22

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!

Mon	Tues	Wed	Thurs	Fri	Sat
5:45 am		5:45 am			
			7:30 am		<i>Sat. starts 10/22</i>
8:30 am		8:30 am		8:30 am	10 am
	3:30 pm				
6:00 pm		6:00 pm	6:00 pm		

*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