

Group Personal Training For Adults

Team

Get back on track this Fall!



Training

Membership & experience not required.

CHOOSE:

Once, Twice or Three Times A Week!

Mon	Tue	Wed	Thurs	Fri
	5:45 am		5:45 am	
	7:30 am		7:30 am	
8:30 am		8:30 am		8:30 am
6:00 pm	5:00 pm	5:45 pm		

Min. of 3/time slot to form the group.
 Times not suitable for you?
 Let us know what you would prefer!

Fall Sessions:

I: starts week of Sept. 9 (6 wks)

II: starts week of Oct. 21 (6 wks)

III: starts week of Dec. 2 (3 wks)

45-minute Strength & Metabolic Sessions

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!

YANG'S
 FITNESS CENTER

Registration info on the other side.

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