

Group Personal Training For Adults

Team

Summer is coming!



Training

Summer bodies start in the spring!

CHOOSE:

Once, Twice or Three Times A Week!

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

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

Next 6-week sessions:

I: start week of Apr. 8

II: start week of May 20

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!

YANG'S
 FITNESS CENTER

Registration info on the other side.

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