



Some people
call exercise
a routine.
Avoid
these people.

Announcing the customized Group Training Experience

We have trimmed down the Fall Group Training schedule so you can bulk it up. If there is an experience that isn't on the schedule that you would enjoy having for the fall, then simply form your own group and select your own time. What other gyms let their clients create the schedules?

Create your own group guidelines.

- Minimum of 5 people to start a session.
- Groups meet once a week for 8 consecutive weeks.
- All 8 sessions are paid for in advance (\$80.00) or deducted from existing group sessions. (comp sessions are not applicable)
- We will assist in helping to reach the 5 person minimum for any requested new session

Please ask a bodycoach or call bodyco for any further details.

You. Change the way you train. You. Change the way you look.

bodyco is a new kind of training experience that will change the way you think about working out. We don't just challenge you, we challenge the very definition of being in shape.

Visit us at www.bodycofit.com

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