

FIT-CENTIVE SMALL GROUP TRAINING

50-Minute Sessions



Semi-Private / Small Group Sessions:

Hop-in / Hop-Out	1 Session	\$38
One-a-Week	4 Sessions	\$132
Two-a-Week	8 Sessions	\$240
Three-a-Week	12 Sessions	\$342
Performance Pack	16 Sessions	\$432
Hop-in / Hop-Out: Intro Trial*	8 Sessions (3 month Expiration)	\$272

*Hop-in / Hop-Out: Intro Trial is limited to 8 sessions and will expire after 3 months.

Small group, semi-private training is shown to produce results with focused goal performance based on increased consistency. Your workout is guided by trainers who mesh the needs of the individual with group motivation. Careful workout planning, delivery, and detail are combined with an accountability to your peers in a fun and caring environment. Semi-Private training groups of Max-7 meet weekly.



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“Mapping Your Path to Performance”

While training principles are varied and sometimes complex, consistency is the key to success in improving in any physical, health or wellness endeavor. Consistency is also shown to increase with Improvements supported by friends, teammates, and family with similar goals. That’s what semi-private training offers!

Program Includes:

- Initial Stats
- Performance Eval
- Goal Review
- Cardiovascular Improvement
- Strength & Alignment
- Muscle Balancing
- Agility Development
- Caloric Expenditures
- Structural Development
- Core Movement

CALL OR EMAIL TODAY

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