

# FIT-CENTIVE SMALL GROUP TRAINING

50-Minute Sessions



## SMALL GROUP TRAINING PACKAGES

*To be completed within **one** calendar month.*

Sessions	Per Session	Total Package Price
1	\$45.00	\$45.00
4	\$39.50	\$158.00
8	\$36.00	\$288.00
12	\$34.00	\$410.00
16	\$32.00	\$518.00

## SMALL GROUP TRAINING PACKAGES

*To be completed within **three** calendar months.*

Sessions	Per Session	Total Package Price
8	\$41.00	\$326.00

## Why Small Group Training?

Small Group Training produces results with focused goal performance based on increased consistency and group motivation led by our Certified Trainers. Careful workout planning of individual needs, delivery and detail are combined with a collective accountability with your peers in a fun and caring environment. Training groups of 7 (max) meet weekly.



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## Mapping Your Path to Performance

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 Small Group Training offers!

## Small Group Training includes:

- Initial Stats
- Performance evaluation
- Goal Review
- Cardiovascular improvement
- Strength and alignment
- Muscle balancing
- Agility development
- Caloric expenditures
- Structural development
- Core movement

## CALL OR EMAIL TODAY



[phamm@smccd.edu](mailto:phamm@smccd.edu)  
(650) 378-7380  
[comfit.smccd.edu](http://comfit.smccd.edu)

New members also receive a complimentary 50-min Fitness Assessment with one of our Certified Trainers. Book yours at [bit.ly/csm-ac-fa](http://bit.ly/csm-ac-fa).



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