

group support partner energy commitment fitness achievement save \$
 health affordable unique trend

Small Group Personal Training

Our newest offer fosters the current trend of partner or small group training. It's also an opportunity to work out with trainer support and get unique energy that the small group environment provides!

Small Group Training rates are based on the size of your group. All clients pay the same amount with the group deciding on the number of days to meet each month. All commitments are month to month! If the group size changes then rates will automatically change to the new rate based on number of clients.

Group Size	Group Number	Hourly Rate per person
Individual	1	\$40/hour (\$240 for 6 sessions)
Couple	2	\$30/hour
Small Group	3-5	\$25/hour
Medium Group	6-8	\$15/hour
Large Group	9-14	\$12/hour

**Open to
 UM-Flint
 Students,
 Faculty/Staff,
 Members
 and
 Community!**



Call Chris Clolinger,
 (ACE Certified
 Personal Trainer),
 or Tina Eisenbeis,
 (AFAA Certified
 Personal Trainer
 & Fitness Instructor)
 at 810.762.3441
 for more information
 or to schedule an
 appointment. You
 can also stop into
 the Rec Center
 business office for
 more information!

