

Summer Group Training Sessions

* Embrace whole nutrition

* Have more muscle

* Have more energy

* Support others

* **START TODAY!!**



Practical Fitness for Our Unpractical Lives

Mondays and/or Weds and/or Fridays Times of day may vary
6:30 am to 10:00 am. During: June, July and August

1 Hour Session : Out Doors or Indoors

Pricing varies per group size and number of day committed to per week. Minimum 1 month commitment.

You Earn Your Body

I Want to Get Healthy

I Want to Feel Better

I Will Eat Right

I Will Exercise

I Will Earn My Body!!