



## SMALL GROUP TRAINING PROGRAM



Elite Fitness Concepts is now offering a unique program to make Personal Training more affordable and fun! The Small Group Training Program allows you to work in small manageable groups with constant supervision and instruction from one of our highly qualified Personal Trainers. You will be able to schedule times that are convenient for you and your group of friends – rather than adjusting to a class schedule. Don't have a group? We can place you in a group to work alongside others for that added motivation at half the cost of a private one-on-one session!

***Kick Start Your Winter Fitness Program TODAY!***

SMALL GROUP TRAINING PROGRAM Each session offered at \$30 each (1) hour session

Email [contact@elitefitnessconcepts.com](mailto:contact@elitefitnessconcepts.com) today if you would like us to assign you to a small group program!