RESILIENCE FITNESS

SMALL GROUP
STRENGTH & CONDITIONING
SPORT SPECIFIC TRAINING SESSIONS

WANT TO BE IN PEAK PERFORMANCE SHAPE THIS SPRING?

GRAB SOME FRIENDS AND
LET'S GET TO WORK THIS WINTER!

SMALL GROUPS GIVE YOU MAXIMUM:

- MOTIVATION
- ACCOUNTABILITY
- FOCUS
- RESULTS
- & FUN!

REACH OUT BEFORE NOVEMBER 12TH TO SCHEDULE YOUR GROUP'S SESSIONS THIS WINTER!

- GROUPS OF 4-6 PEOPLE
- SCHEDULE IS CUSTOMIZED TO THE GROUP
- $25 / 1-HR SESSION / PERSON

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