

# Small Group Training

Beginning March 7  
Fridays | 5:45 - 6:45 a.m.



End your week strong with our Small Group Training program on Friday mornings! Whether you're looking to boost your fitness routine, build strength or push past plateaus, this supportive, high-energy environment is perfect for all fitness levels. Join a community of motivated individuals and get personalized attention from our expert trainer as they guide you through tailored workouts.

**Pricing:** \$80/month (*Includes 4 classes*)

**For more info or to register, email [Jimmy.Mcmahon@hfit.com](mailto:Jimmy.Mcmahon@hfit.com)**

Limited to 5 participants.