

Accept the Challenge Together

SMALL GROUP PERSONAL TRAINING



HERE'S HOW IT WORKS:

1. Get 1-3 friends to join you.

Small groups must be 2-4 people. Open to Manatee YourChoice members only.

2. Schedule a time with your favorite YourChoice trainer.

For a list of Personal Trainers visit manateeyourchoice.com/personaltraining or call the YourChoice Fitness Center at 941.748.4501 x3979.

3. Each participant utilizes one of their 5 free personal training sessions.

If you have already used your free sessions, you can purchase additional small group sessions at manateeyourchoice.com for a \$15 copay (one-on-one personal training sessions cost \$25).

4. Show up at the designated time and place.

If you have to cancel, you must do so 24-hours beforehand or you will forfeit your free session and any copays. If only one participant shows up, it will be billed as a one-on-one personal training session.

5. Get stronger, save money, and have fun!

Learn more at manateeyourchoice.com/personaltraining



For More Information Contact: YourChoice Fitness Center
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