



December Training Specials

MAXIMIZE

your time

FOCUS

your energy

And get

RESULTS!



One-on-One Training

Your personal trainer is not only a coach but serves as a motivator & an educator. A personal trainer will design an exercise program that is safe and effective.

3 for \$99

Small Group Training

Small Group Training is an awesome way to get the attention you need for your fitness program, while keeping the cost of each session down.

At 2-4 clients to 1 Personal Trainer ratio, you add the motivation of a workout partner to the

knowledge and guidance you are already getting from your personal trainer. The more friends you can get involved the better. It will save you time, and ensure you always have a partner for your personal trainer sessions & a buddy when on your own workout.

3 for \$49/person

Training specials available for purchase December 1 -31, 2011.

Packages expire: February 29, 2012

Limit 1 package per person

Get started with personal training today!

For more information, contact the RecPlex Fitness Desk 262-925-6742 or fitness@plprairie.com