



# Group Fitness

## SMALL GROUP PERSONAL TRAINING

CES Fitness combines the best of personal training and group fitness into unique personal training classes, helping you overcome some of the most commonly reported barriers to becoming physically active.

Find five friends or co-workers and schedule an appointment today!

- Class size is limited to six and customized to individual goals and fitness level
- Maximize Time: 45 min. interval training proven to produce rapid results
- Maximize Your Money: Personalized attention for as low as \$22 (\$130, split equally by the participants)
- Training with a partner or group increases the success of any fitness program and our current participants agree:
  - ◆ "I always seem to push myself harder because I up my level for the group."
  - ◆ "I like it...you are able to work out but still have fun with people you know."
  - ◆ "I have dropped two belt holes in two weeks."
  - ◆ "I can touch my toes now!"

## OVERCOMING BARRIERS TO PHYSICAL ACTIVITY

### Why don't you exercise?

1. No time
2. Low confidence
3. Have injury/fear of injury
4. Lack of encouragement
5. No skill to set goals/monitor progress

### Why try personal classes?

1. 45 minute class that you schedule
2. Faster skill building in small group
3. We specialize in injury management
4. You pick 5 family/friends for your class
5. Class taught by a personal trainer who tracks/encourages your progress

CES Fitness

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