

## FITNESS

# Small Group Training

Family Wellness offers Small Group Training as an option for those who feel motivated in a group setting. We will be offering different formats on various days and times each month. Each group is limited to 8 people depending on the type of training. Cost is per session for 30 minutes of activity. \$10 Members / \$20 Non-Members

### Small Group Training

Total body workout with Amanda K,  
Personal Trainer.

**Tuesdays from 8:20-8:50 AM**

