

Maximize your workout • Achieve your goals • Support one another



SMALL GROUP TRAINING

Personalized • Affordable • Effective.

HELPING YOU COMMIT TO SUCCESS

\$24/session for In-Person & Hybrid, \$20/session for Virtual
MAY 12 – JULY 5, 2025 (8 weeks) *excludes Memorial Day Holiday*

Tracks:

SGT Track 01	M/W/F	6:30 – 7:25am	Aidan (In Person)	\$552
SGT Track 02	M/W	8am – 8:55am	Faye (In Person)	\$360
SGT Track 03	M/W/F	9am – 9:55am	Jon (In Person)	\$552
SGT Track 04	M/W/F	12pm – 12:55pm	Brian (Hybrid)	\$552
SGT Track 05	M/W	5pm – 5:55pm	Holly (In Person)	\$360
SGT Track 06	Tu/Th	6:30am – 7:25am	Brian (Virtual)	\$320
SGT Track 07	Tu/Th	8am – 8:55am	Jon (In Person)	\$384
SGT Track 08	Tu/Th	9am – 9:55am	Tanya (In Person)	\$384
SGT Track 09	Tu/Th	12pm – 12:55pm	Tanya (Virtual)	\$320
SGT Track 10	Tu/Th	5pm – 5:55pm	Chris (In Person)	\$384
SGT Track 11	Sat	9am – 9:55am	Aidan (In Person)	\$192

SGT Track 12 Osteoporosis	M/W	10am – 10:55am	Chris (In Person)	\$360
SGT Track 13 Hypertension	W/F	1pm – 1:55pm	Brian (In Person)	\$384

MEDICAL EXERCISE TRAINING

Register here:



For more information, visit the CHF front desk,
beachcitiesgym.org/small-group-training
 or call 310-374-3426, Option 3.



A Beach Cities Health District Program