

Maximize your workout • Achieve your goals • Support one another



SMALL GROUP TRAINING

Personalized • Affordable • Effective.

HELPING YOU COMMIT TO SUCCESS

In-Person, Hybrid and Virtual Options Available!

January 3 - February 25

Tracks:

SGT Track01	M/W/F	6:30am-7:25am	Aidan	\$456 (IN-PERSON)
SGT Track02	M/W/F	8am-8:55am	Judy	\$360 (VIRTUAL)
SGT Track03	M/W/F	9am-9:55am	Jon	\$456 (IN-PERSON)
SGT Track04	M/W/F	12pm-12:55pm	Brian	\$456 (HYBRID)
SGT Track05	Tu/Th	6:30am-7:25am	Brian	\$240 (VIRTUAL)
SGT Track06	Tu/Th	8am-8:55am	Jon	\$304 (IN-PERSON)
SGT Track07	Tu/Th	9am-9:55am	Tanya	\$304 (IN-PERSON)
SGT Track08	Tu/Th	12pm-12:55pm	Tanya	\$240 (VIRTUAL)
SGT Track09	Tu/Th	5pm-5:55pm	Chris	\$304 (IN-PERSON)
SGT Track10	Sat	9am-9:55am	Aidan	\$152 (IN-PERSON)

- 8 weeks
- Max 6 people

SPECIAL OFFER!

New participants get \$25 off!

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



Center for
Health & Fitness

A Beach Cities Health District Program