

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
JANUARY 6 – MARCH 1, 2025 (8 weeks)**

Tracks:

SGT Track01	M/W/F	6:30 – 7:25am	Aidan (In person)	\$528
SGT Track02	M/W	8 – 8:55am	Faye (In person)	\$336
SGT Track03	M/W/F	9 – 9:55am	Jon (In person)	\$528
SGT Track04	M/W/F	12 – 12:55pm	Brian (Hybrid)	\$528
SGT Track05	M/W	5 – 5:55pm	Holly (In person)	\$336
SGT Track06	Tu/Th	6:30 – 7:25am	Brian (Virtual)	\$320
SGT Track07	Tu/Th	8 – 8:55am	Jon (In person)	\$384
SGT Track08	Tu/Th	9 – 9:55am	Tanya (In person)	\$384
SGT Track09	Tu/Th	12 – 12:55pm	Tanya (Virtual)	\$320
SGT Track10	Tu/Th	5 – 5:55pm	Chris (In person)	\$384
SGT Track11	Sat	9 – 9:55am	Aidan (In person)	\$192

SGT Track12 Osteoporosis	M/W	10 – 10:55am	Chris (In person)	\$336
SGT Track13 Cancer	W/F	12 – 12:55am	Jon (In person)	\$384
SGT Track14 Hypertension	W/F	1 – 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.

