

ENGAGE Fitness and Training Center's

♀ **ELITE** ♂

SMALL GROUP TRAINING

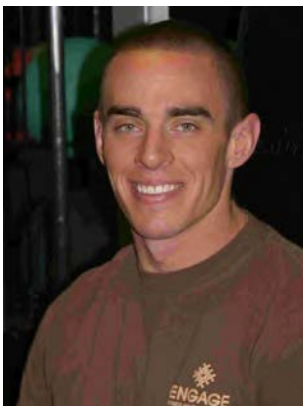
CO-ED • KICK-BUTT • PROFESSIONAL • FUN

Business owners, professionals, athletes, weekend warriors and those seeking overall health, fitness, guidance and consistency are signing up for co-ed, small group training.

Our professional training staff offers a unique and motivating experience in a comfortable atmosphere.

And the best part? *You'll have fun!*

Call Denver, Tori or Mark with any questions you have about Elite Small Group Training.



Denver Whitley
National Academy of Sports
Medicine Certified Trainer



Tori Gage
National Academy of Sports
Medicine Certified Trainer



Mark Gage
National Academy of Sports
Medicine Certified Trainer

- ▶ **Tuesdays**
5:30 – 6:30 pm
- ▶ **Thursdays**
5:30 – 6:30 pm
- ▶ **Saturdays**
9:00 – 10:00 am

**1 session
per week**
\$60/month

**2 sessions
per week**
\$96/month

**3 sessions
per week**
\$120/month

Drop-in:
\$25 per session



ENGAGE
FITNESS AND TRAINING CENTER

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