



# SMALL GROUP PERSONAL TRAINING SCHEDULE

PROGRAM	DAY & TIME	TRAINER
HIIT & CORE	Mondays   9-10am	Hannah
Strength Training	Tuesdays   5:30-6:30am	Meghan
Strength Training	Thursdays   5:30-6:30pm	Meghan
HIIT & CORE	Fridays   9-10am	Hannah/Meghan

**HIIT & CORE** | Movement Obsessed Varied Exercises: This program is designed to burn calories, help you feel better, and get into great shape by utilizing functional movements with and without equipment. Come try this challenging timed HIIT style program.

**Strength Training** | This program will take you through strength and power exercises to help you feel strong and uplifted! Each day will be different and challenging, so come ready to work hard, and leave feeling empowered!

\*Minimum of 3 participants to conduct sessions\*

Invigorate your workout with Small Group Personal Training! Our Nationally Certified Trainers will provide the camaraderie of a group with all the benefits and attention of individualized training.

The unique design of our Personal Trainers' specialty programs will guide you to meet your goals, alongside others, in groups no larger than 8. Maximize your success at an affordable price. Try your first class for free!

SIGN UP  
TODAY!

Be the  
**GROU**P

Contact [Hannah.franklin@tampaymca.org](mailto:Hannah.franklin@tampaymca.org)  
for more information.