



Start Your Personal Training Program

“Share the Cost in a Small Group”

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 AM	Small Group Session *Aaron	Small Group Session *Aaron	Small Group Session *Aaron	Small Group Session *Aaron	Small Group Session *Aaron	
6 AM	Small Group Session *Aaron/Beth		Small Group Session *Aaron/Beth		Small Group Session *Aaron/Beth	
7 AM	Small Group Session *Chad		Small Group Session *Aaron		Small Group Session *Chad	
8 :30 AM	Small Group Session *Aaron		Small Group Session *Aaron		Small Group Session *Aaron	Small Group Session *Aaron
1:30 PM		Small Group Session *Aaron		Small Group Session *Aaron		
4 :30 PM	Small Group Session *Chad		Small Group Session *Chad			
5 :00 PM		Small Group Session * Aaron		Small Group Session * Aaron	Small Group Session *Chad	
5 :30 PM	Small Group Session *Chad/Beth		Small Group Session *Chad	Small Group Session *Beth		
6:00 PM		Small Group Session * Aaron		Small Group Session * Aaron		
6:30 PM	Large Group Circuit *Chad		Large Group Circuit *Chad			

Small Group Training - based on your initial evaluation; your personal trainer will design a strength and fitness program for your specific goals.

During your training sessions, you will meet in a semi private format which is a small group (2-6 members). During your training sessions, you will receive in-depth instruction while sharing the cost of personal training session within a small group. Each member will receive an individual program where the trainer will select appropriate modification for client’s fitness level.

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