

Join Our SMALL GROUP PERSONAL TRAINING AT STURGEON

COME TRAIN IN A SMALL PERSONALIZED
GROUP OF 4 - 6 PEOPLE

DATES: SEPTEMBER 18 - OCTOBER 9
TIME: 12:05PM (45 MINUTES/SESSION)

PRICE IS \$100 FOR 4 SESSIONS

MINIMUM OF 4 PARTICIPANTS PER
SESSION.



Learn proper technique
to minimize injury and
maximize results



Shared and
Personalized program
design

Let us know if you're
interested!



pulsegenerator.ca

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