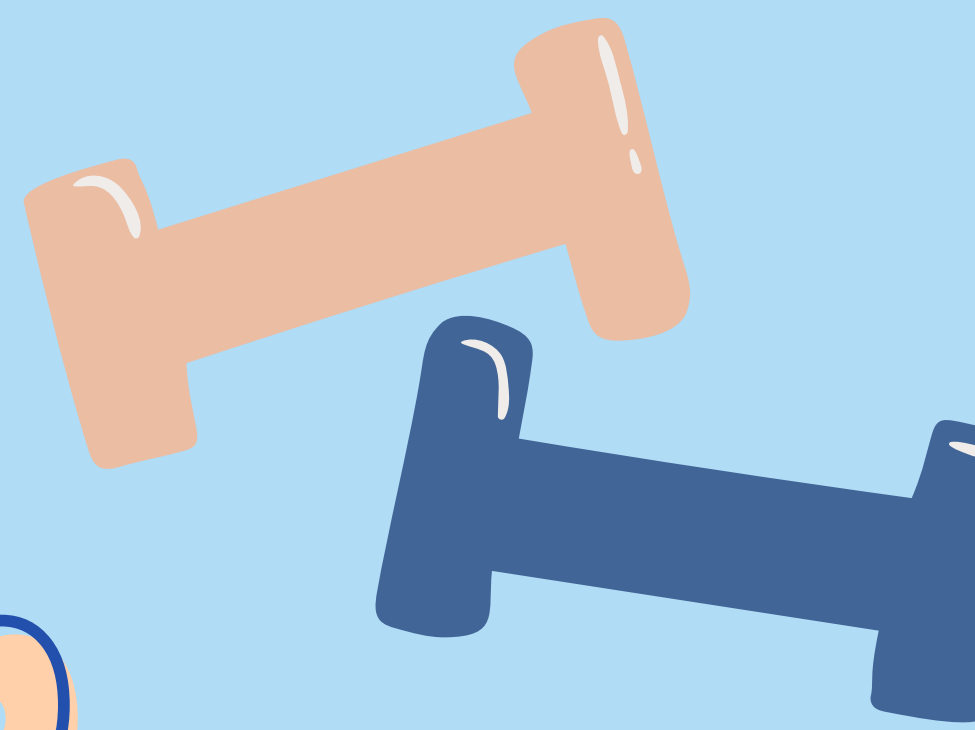




Small Group Training



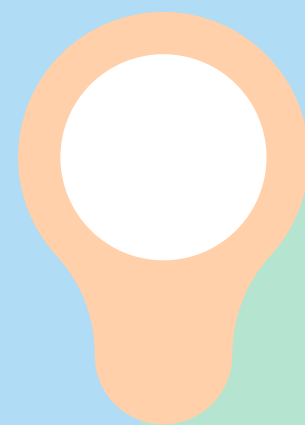
Why do Small Group Training?

- **Personalized guidance in a small group setting**
- **Affordable rate**
- **Built-in accountability**
- **Structured, goal-focused workouts**



Participation Rate

**Package:
\$60 for 4 sessions**



Availability

**4 Participants
Members Only**

**Reach out now to book your sessions
pulsegen@ahs.ca**

www.pulsegenerator.ca