



4040 Woodcock Drive
 Suite 132 (Building 2200 in Midtown Centre Office Park)
 Jacksonville, FL 32207
 904.306.0344
positivelyfitforlife.com
facebook.com/PositivelyFitFl
Youtube.com/MakeltHappenAtPF

Gym Hours: Monday – Thursday 5:45am – 9pm; Friday 5:45am – 8pm; Saturday 8am – 12pm

Group Fitness and Group Personal Training Schedule (updated January 2020)

“Helping people get results faster by offering the most affordable group and individual personal training.”

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
12pm – 12:45pm Small Group PT SGPT		12pm – 12:45pm Small Group PT SGPT		12pm – 12:45pm Small Group PT SGPT	9am – 9:45am Small Group PT (Vicki)
5:30pm – 6:15pm Small Group PT SGPT		5:30pm – 6:15pm Small Group PT SGPT (Vicki & Dixie)		5:30pm – 6:15 pm Small Group PT SGPT	10am-11am Zumba (Candy/Lesley)
6:15pm – 7:15pm Slow Flow Yoga (Micheline)	6:15pm – 7:15pm Zumba (Micheline)		6:15pm – 7:15pm Zumba (Lesley)		

Group fitness classes available with Basic plus membership (\$29.99 per month.) Basic membership \$ 19.99 per month is based on gym use only. One time \$99 enrollment for monthly plans. Month to month EFT.

Small Group Personal Training (SGPT) – Come join us for the work-out of the day! This small group session is led by a certified trainer and a great way to get an effective total body workout in, anytime during above listed class hours!! Workouts are designed to be 45 minutes; however, you will still get a full body workout in if you can only stay for 20-30 minutes! All fitness levels welcome. Each session is designed to help you improve respiratory fitness, muscle definition, balance, cardio and overall strength and performance. Worried about an exercise you might not be able to do because of an injury or condition? No problem, modifications are offered at every station.

SGPT Rates:

Daily: Members - \$15/class
 Non-Members - \$18/class

Yoga and Zumba Class Drop-in Rates:

Non-Members - \$10 or (10/\$80 prepaid)

Monthly unlimited SGPT sessions: Introductory Offer* - \$99

Special Offer: SGPT plan includes gym membership