



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 5am – 9pm; Friday 5am – 8pm; Saturday 8am – 3pm

Group Fitness and Group Personal Training Schedule

“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)
5:15pm – 6pm Small Group PT SGPT		5:15pm – 6pm Small Group PT SGPT (Vicki & Dixie)		5:15pm – 6pm Small Group PT SGPT	10am-11am Zumba (Candy/Lesley)
6pm – 7pm Basic Yoga (Jess)	6:15pm – 7:15pm Zumba (Micheline)		6:15pm – 7:15pm Zumba (Lesley)		11am – 12pm Slow Flow Yoga (Jess)

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
 Non-Members - \$18

Yoga and Zumba Rates:

Non-Members - \$10

Monthly unlimited SGPT sessions: Introductory Offer - \$89*

*(*first 30 days, non-renewable)*