



## WHAT

# Personal Training Studio

## WHERE

# 303 Broadway, Unit B

Behind Sheridan Commercial and Across from  
Blacktooth Brewery

**FEATURING** · Certified Training · Lifting · Boxing · HIIT ·  
Weight Loss · Toning & Sculpting · Full-Body Workouts ·  
Nutrition · 18+ Years Industry Experience ·  
Fitness Challenges · Men/Women/Athletes ·  
Private/Partner/Group/Online Options · No Excuses

# WWW.307FITNESS.COM

## PRIVATE TRAINING:

30-min: \$35

45-min: \$45

8-pack with upfront  
payment = 15% off

## PARTNER TRAINING:

30-min: \$25/person

45-min: \$35/person

8-pack with upfront  
payment = 15% off

## GROUP TRAINING:

30-min drop-in rate: \$18

6-session punch card: \$85

45-min drop-in rate: \$20

6-session punch card: \$100

## UNLIMITED GROUP TRAINING:

\$145/month

## ONLINE PERSONAL TRAINING:

\$149/month

## CONTACT

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