



WHAT

Personal Training Studio

WHERE

727 E Brundage Ln, Ste J

above T&C in Sheridan, WY

FEATURING · Certified Training · Lifting · Boxing · HIIT ·
Weight Loss · Toning & Sculpting · Full-Body Workouts ·
Meal Planning · 17+ Years Industry Experience ·
Fitness Challenges · Men/Women/Athletes ·
Private/Partner/Group/Online Options · No Excuses

WWW.307FITNESS.COM

PRIVATE TRAINING:

30-min: \$30

45-min: \$40

8-pack with upfront
payment = 15% off

PARTNER TRAINING:

30-min: \$20/person

45-min: \$25/person

8-pack with upfront
payment = 15% off

GROUP TRAINING:

30-min: \$15/person

Punch card: \$75

45-min: \$18/person

Punch card: \$90

Punch cards include 6
group sessions

UNLIMITED GROUP TRAINING:

\$135/month

ONLINE PERSONAL TRAINING:

\$149/month

CONTACT

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