



## **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 ·  
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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