

Small Group Training

Add "Take It Off Weight Loss for the Complete Package"

Effective February 01 2010

Our Small Group Training Program gives you the benefits of working with a personal trainer combined with small group dynamics. For more personal attention, One on One sessions are available. Combine it with our **Take It Off** Program for maximum weight loss. Contact Bonnie Sunderville at 585 586-7777 ext 25 to arrange your first session.

MONDAY		
6:00—7:00 AM	TOTAL BODY	KEY
7:30—8:15 AM	TOTAL BODY	ANDY
9:00—10:00 AM	MULTI-LEVEL	ANDY
9:30—10:30 AM	TOTAL BODY	CHRIS
10:00—11:00 AM	TOTAL BODY	ANDY
11:00—12:00 PM	ULTIMATE	ANDY
12:00—1:00 PM	TOTAL BODY	JUSTIN
4:00—5:00 PM	TOTAL BODY	ANDY
6:30—7:30 PM	TOTAL BODY	JUDENE

TUESDAY		
8:15—9:00 AM	TOTAL BODY	ANDY
12:00 NOON	BOOTCAMP	JUSTIN
5:15—6:00 PM	BOOTCAMP	JUDENE

WEDNESDAY		
6:00—7:00 AM	TOTAL BODY	PHIL
7:30—8:15 AM	TOTAL BODY	ANDY
9:00—10:00 AM	MULTI-LEVEL	ANDY
9:30—10:30 AM	TOTAL BODY	CHRIS
10:00—11:00 AM	TOTAL BODY	ANDY
11:00—12:00 PM	ULTIMATE	ANDY
12:00—1:00 PM	TOTAL BODY	JUSTIN
4:00—5:00 PM	TOTAL BODY	ANDY
6:30—7:30 PM	TOTAL BODY	ANDY

THURSDAY		
8:15—9:00 AM	TOTAL BODY	ANDY
12:00 NOON	BOOTCAMP	JUSTIN
4:45—5:30 PM	BOOTCAMP	KEY
5:30—6:30 pm	TOTAL BODY	CHRIS

FRIDAY		
6:00—7:00 AM	TOTAL BODY	ANDY
7:30—8:15 AM	TOTAL BODY	ANDY
9:00—10:00 AM	MULTI-LEVEL	ANDY
9:30—10:30 AM	TOTAL BODY	JUSTIN
10:00—11:00 AM	TOTAL BODY	ANDY
11:00—12:00 PM	ULTIMATE	ANDY
12:00—1:00 PM	BOOTCAMP	JUSTIN

SATURDAY		
8:00—9:00 AM	BOOTCAMP	PHIL
10:00—11:00 AM	*TOTALBODY	CHRIS

Penfield Fitness & Racquet Club's Fitness Staff

advises all members to begin their exercise program with a **Fitness Consultation.**

Packages are available through the **Fitness Office .**

penfield
FITNESS & RACQUET CLUB

585-586-7777 bonnie@penfieldfitness.com