

EAA FITNESS

PERSONAL TRAINING PROGRAM

SMALL GROUP PERSONAL TRAINING:

SMALL GROUPS ARE A DESIGNED TO GIVE YOU THE BENEFITS OF PERSONAL TRAINING AT AN AFFORDABLE PRICE. YOU WILL WORK OUT WITH 2 TO 6 OTHER PEOPLE IN A CHALLENGING CLASS LED BY A CERTIFIED PERSONAL TRAINER. SMALL GROUPS WORK BEST FOR PEOPLE WITH GENERALIZED FITNESS GOALS WHO DON'T HAVE PHYSICAL MOVEMENT RESTRICTIONS OR MUSCLE IMBALANCES. MANY OF OUR CURRENT SMALL GROUP PARTICIPANTS SUPPLEMENT THEIR TRAINING WITH SMALL GROUPS TO MAINTAIN A HIGH LEVEL OF FITNESS.

PRIVATE PERSONAL TRAINING:

PRIVATE PERSONAL TRAINING IS A GREAT PLACE TO START IF

- YOU HAVEN'T WORKED OUT IN A WHILE
- YOU HAVE A VERY SPECIFIC FITNESS GOAL
- YOU NEED OR ENJOY ONE ON ONE ATTENTION
- YOU'VE HIT A FITNESS PLATEAU
- YOU HAVE MUSCLE IMBALANCES OR PHYSICAL MOVEMENT RESTRICTIONS THAT REQUIRE A WORK OUT COMPLETELY TAILORED TO YOUR NEEDS.

410-786-7873

NOT A MEMBER?

NOT A PROBLEM!

NON-MEMBERS ARE ABLE TO TRAIN WITHOUT A MEMBERSHIP

TRAINERS

CAROLE COTTON

DAMON COSTANTINI

NICOLE FROST

LAUREN MEEKINS

ALL OF OUR TRAINERS ARE NATIONALLY CERTIFIED, AND HAVE OVER A DECADE OF EXPERIENCE!

	SINGLE SESSION		6 SESSIONS		12 SESSIONS	
	Half Hour	Hour	Half Hour	Hour	Half Hour	Hour
PRIVATE	\$30	\$45	\$150	\$225	\$270	\$405
SMALL GROUP	\$50	\$75	\$250	\$375	\$450	\$675