



# GROUP TRAINING

**PfeifferFitness** is now offering 4-week or 8-week Group Training.

Not only are workout sessions with two, three or four people an affordable option for personal training, but studies also show they're ideal for maintaining motivation and making exercise just plain fun!

Our certified personal trainers guide you through 4-week or 8-week programs—improving focus, and ensuring a safe, effective exercise plan. Plus, a baseline evaluation helps track results for increased cardiovascular function, improved flexibility and reduced body fat.

**2-person Group:** \$175 each for 4 weeks *or* \$350 for 8 weeks

**3-person Group:** \$140 each for 4 weeks *or* \$280 for 8 weeks

**4-person Group:** \$112 each for 4 weeks *or* \$225 for 8 weeks



CONTACT: **SALLY**

**(314) 401-1531**

**pfeifferfitness@gmail.com**