

inShape 30

Small Group Personal Training

Groups now forming – Special pricing for Boot Camp Body Members

Weight loss that stays lost.
inShape 30 Circuit Training blends cardio and strength training in one-heart-pumping, fat-burning workout. Start shedding pounds today!

2:1 client - trainer ratio

\$365 per person (6 weeks, 2 days per week, 30-minute sessions)

\$480 per person (6 weeks, 2 days per week, 60-minute sessions)

\$680 per person (6 weeks, 2 days per week, 30-minute sessions)

Private Sessions also available

**If you don't have a partner we will help find you one.*

The Cotta Method

Amy Cotta, NSCA cpt

476-0592 or 778-2650

TheCottaMethod.com

MeridianFitnessCenter.com

Located in Meridian Fitness Center ~ 2005 Meridian Blvd

