



**Personal Training
In a Group Setting
With Noah Harrison
At The Body Shoppe**
www.tbs-opt.com

THURSDAYS 6:30 PM

**Interval Training
Cardio and Weights**

THIS CLASS

Just \$5 for Members!!

Non-Members pay

\$10 per Class OR 4 Classes for \$30

**Compare to Our
Regular Group
Personal
Training Rate**

**MAXIMUM OF 10 PEOPLE PER CLASS
TO ENSURE A PERSONALIZED EXPERIENCE**

A Great Way To Learn New Ways To Exercise

A Great Way To Supplement Your Individual Personal Training

**A Great Way To Experience Personal Training If You've Never Done It
But Have Been Thinking About It**

**A Great Way To Boost Your Individual Program
And Have An Experienced Personal Trainer Challenge You**