

small group training

why train in a small group?

- More affordable.
- Group energy.
- Fun to workout with others.
- Work harder, get more results.
- Accountability when training with others. Less likely to skip workout.

what is small group training?

- Personal training with 2-6 people.
- 6 sessions at a time. Meet 1x weekly.
- Can personalize for group. Weights, yoga, prep for classes, kickboxing, cardio training, flexibility, core training, new exercisers, athletic conditioning, etc.

how do I start?

- You can provide your own "group" or check to see if I have one that fits your schedule and goals.
- Contact Gail to schedule trainings. 6 sessions for \$150 (paid at front desk)
253.334.9107 or gailrian@yahoo.com

testimonials

There was a time I was intimidated by the Weight Room before I started training with Small Group. I grew to love the different machines & free weights and the feeling I got from the workouts..... Combining the Fitness Classes with Personal Training compliment each other! Thanks! -Barb

Small group training with Gail has been an amazing experience! Since training with Gail, I have lost an entire dress size and feel happier, stronger and healthier! She works hard to get to know her clients, what motivates them and then tailors the workouts to meet their needs. The small group setting works great for me since each person motivates the other to lift more, run faster, or work harder! -Brook

Being in a small group allows you to have your trainer critique your form so that you are doing the exercises correctly to achieve optimum benefits. I feel much better since I started and my stamina and strength have increased. It's a fun workout to look forward to -- both making new friends and the exercising. -Judi

I love working out with Gail, I love the energy I gain from being around such a great person and trainer. Her training sessions keep me going and interested in working out, she always has something new, fun and exciting....I love it, it's great. -Heidi

"Small group training rocks! The energy in the group adds a dimension to the experience that I wasn't expecting. I highly recommend it." -Linda