

Columbia Lake Health Club Group Personal Training

info@clhc.com

Effective: June 2nd 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				6:15- 7:00am Group Training 2 Danielle		
	9:15 - 10:00am Group Training 1 Meredith		9:15 - 10:00am Group Training 2 Meredith			
					<p style="text-align: center;">Please Note: Pre-registration is required in order to secure your spot.</p> <p style="text-align: center;">Group Training sessions are 45 mins in length.</p> <p style="text-align: center;">Maximum of 6 participants</p> <p style="text-align: center;">Don't see a class that fits into your schedule? Let us know we would be happy to add it!</p>	
4:30 - 5:15pm Group Training 2 Danielle V		4:45 - 5:30pm Group Training 1 Kim H				
			6:30 - 7:15pm Group Training 1 Kim H			