



BACK AT THE POWER CENTER!

Group Personal Training

- **Who:** Groups of 2-5 students/faculty members.
- **What:** Personalized hour-long training sessions focusing on a variety of topics (Squat Racks, Yoga/Inversions, Kettlebells, Machines, Plyometrics, Boot Camp, etc.) depending on the goals of the group.
- **When:** Frequency and time of sessions is up to the group, and can be discussed with their trainer.
- **Why:** Utilize the attention and specialization of a personal trainer to achieve any of your fitness goals with the motivation of an upbeat group setting with friends or co-workers!
- **How:** To register or inquire about group training, email fitness@duq.edu

STUDENT FEES

1 Group Training Session:	\$50
3 Group Training Sessions:	\$125
5 Group Training Sessions:	\$175

cost per group of 2-5 participants

EMPLOYEE FEES

1 Group Training Session:	\$75
3 Group Training Sessions:	\$180
5 Group Training Sessions:	\$225

cost per group of 2-5 participants