

SMALL GROUP TRAINING

ALL LEVELS WELCOME!

Small Group Training Helps Keep You in Shape for Daily Life —Gain strength to carry your groceries, stay on your feet for longer periods of time and more!

Classes start:
September 16 & 17

\$18.50/
session



For more information, visit the CHF front desk or call 310-374-3426, ext 147.

Tracks

Classes start: September 16 & 17

Aiden Acuff



M / W / F	5:30 – 6:30 a.m.	Level 2
M / W / F	6:30 – 7:30 a.m.	Level 2
M / W	10 – 11 a.m.	Level 2
M / W	4:15 – 5:15 p.m.	Level 1
M / W	6:15 – 7:15 p.m.	Level 1

Tanya Rutter



T / TH	9 – 10 a.m.	Level 1
T / TH	Noon – 1 p.m.	Level 1
F	4:15 – 5:15 p.m.	Level 1
F	6:15 – 7:15 p.m.	Level 1

Brian Fuentes



M / W / F	9 – 10 a.m.	Level 1
F	10 – 11 a.m.	Level 2
T / TH	8 – 9 a.m.	Level 1 & 2
T / TH	6:30 – 7:30 a.m.	Level 2

Chris Bentajado



F	8 – 9 a.m.	Level 1
F	Noon – 1 p.m.	Level 2

Annelise Tripp



M / W	Noon – 1 p.m.	Level 2
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Jason Bautista



M / W	8 – 9 a.m.	Level 1
M / W / F	5:30 – 6:30 a.m.	Level 1
T / TH	6:30 – 7:30 a.m.	Level 2

3 day tracks

\$444 for members • \$540 for non-members

2 day tracks

\$296 for members • \$360 for non-members

- 8 weeks
- Max 6 people
- Payment installments available

SPECIAL OFFER!

New participants get \$25 off!